



## Curriculum delivery suite of courses for Physical Education

The afTLC Curriculum delivery suite of courses for Physical Education has been designed to help you know, understand and implement the transformational change of the National Curriculum programme of study (DfE 2013). There are no activity areas specified, but there is headline learning required that forms the new benchmark standard for Physical Education and a number of contexts that must be offered. Two of those contexts - Competitive Games and Outdoor and Adventurous Activities are explored as individual courses. Learning in and through Athletic Challenges, is explored as an area that can deliver headline learning in terms of what it is to be physically educated, not as a statutory area to be followed. Effective approaches to teaching and learning using these contexts as vehicles for inclusive and progressive learning is explored.

The Suite Includes:

- afTLC Learning in and through Competitive activities and games
- afTLC Learning in and through Outdoor & Adventurous Activity Challenges
- afTLC Learning in and through Athletic Challenges: Citius, altius, fortius - higher, faster, stronger

Accredited by the afPE Professional Development Board



## **af Thinking & Learning Company Ltd**

### **Learning in and through Competitive activities and games**

#### **What is this course about?**

The course has been developed with reference to the DfE (2013) statutory programme of study for physical education requirement to teach 'competitive activities and games' to children and young people at Key Stages 1, 2, 3 and 4. It provides you with ideas to promote learning aligned to the National curriculum requirements in Competitive activities, games and sports. We also provide you with a starter resource pack to support learning and progress towards higher standards.

#### **What does this course cover?**

The course will focus on the teaching of individual and team games with reference to some specific sports. It will focus on promoting headline learning in physical education through games. In particular, the concept of teaching games for understanding (TGfU) will be explored including the research available that demonstrates this type of approach leads to significantly greater relational understanding and better skill performance than a traditional lesson approach that includes a warm-up, a skills phase and then a conditioned game.

#### **Who is it suitable for?**

This qualification is suitable for any physical education teacher, teaching assistant, coach, consultant, trainer or Ofsted inspector who is working with primary or secondary schools to raise the standard of physical education and school sport for children and young people and who wants to learn about sequencing skills, tactics and strategy, cooperation and collaboration and problem solving in competitive activities and games.

#### **What is the duration of the course?**

The course is one full day from 9am for registration and refreshments for a 9.30am start through to 4pm.

#### **How is it assessed?**

Your needs are assessed throughout the day and responded to. There is no formal assessment required on your part. You will be provided with a colour bound course booklet and a 2GB memory stick with the PowerPoint used and numerous documents providing background reading. You will also receive a starter resource pack for your school.

#### **How can I be confident of quality?**

Andrew Frapwell has been involved in developing curriculum practices nationally in England and internationally in Kosovo and Qatar. He is the author of "Assessing without Levels" (Coachwise 2015). You will engage in practical activities to encourage deep learning. Please wear appropriate clothing and footwear.

#### **How much will this cost?**

It will cost you £190+vat. This includes course administration, planning, delivery, photocopying, resources, certification, unlimited refreshment and a two-course luncheon. It also includes a school starter resource pack.

## af Thinking & Learning Company Ltd

### Learning in and through Outdoor & Adventurous Activity Challenges

#### What is this course about?

The course has been developed with reference to the DfE (2013) statutory programme of study for physical education requirement to include outdoor and adventurous activities in their curriculum offer to children at Key Stages 2, 3 and 4. It provides you with ideas to promote learning aligned to the National curriculum requirements in outdoor and adventurous activity challenges. We also provide you with a starter resource pack to support learning and progress towards higher standards.

#### What does this course cover?

The course will focus on the teaching of orienteering and low-risk problem solving activities. Orienteering ideas will range from: Treasure Hunt activities, picture orienteering, star orienteering, star and line orienteering and line orienteering, to the use of a map and compass. Low risk problem- solving activities will provide ideas using minimum and everyday equipment that promote opportunity for physical and intellectual challenges that develop cooperation and trust.

#### Who is it suitable for?

This qualification is suitable for any physical education teacher, teaching assistant, coach, consultant, trainer or Ofsted inspector who is working with primary or secondary schools to raise the standard of physical education and school sport for children and young people.

#### What is the duration of the course?

The course is one full day from 9am for registration and refreshments for a 9.30am start through to 4pm.

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### **Athletic Challenges: Citius, altius, fortius - higher, faster, stronger**

#### **What is this course about?**

The course has been developed in response to the poor teaching of athletics in the school physical education curriculum, almost always entirely focused on an event specific approach. The course focuses on the DfE (2013) National Curriculum headline learning for physical education and demonstrates an approach that can develop running, jumping and throwing skills in discreet units or as integral to most activities. It is an approach that focuses on the processes that lead to improved learning and performances – citius, altius, fortius. A starter resource pack will be provided for all attendees to support pupil learning and progress towards higher standards.

#### **What does this course cover?**

The course will focus on the teaching of athletic challenges that promote headline learning and standards in physical education. Ideas will incorporate key skills of running, jumping and throwing in isolation and in combination and lead on to include advanced technique. The course will also cover how athletic challenges might be designed in the curriculum so that practice might move away from an athletic programme often always scheduled after Easter.

#### **Who is it suitable for?**

This qualification is suitable for any physical education teacher, teaching assistant, coach, consultant, trainer or Ofsted inspector who is working with primary or secondary schools to raise the standard of physical education and school sport for children and young people.

#### **What is the duration of the course?**

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