



Get Equipped – To Deliver

FOR THE ATTENTION OF HEAD OF P.E/CO-ORDINATOR

Norwich Union, SportsMatch, Norfolk County Council and the Norfolk Sports Alliance are working together to assist with the development of opportunities for young people in Norfolk Schools.

With this in mind, we are offering the adults (staff, parents and assistants) at your school the opportunity to attend training courses, free of charge, to enable them to offer sports opportunities to young people (this will be subject to a £20 charge for any school not informing us within 3 days of the course for non attendance).

- **Development of new sporting opportunities during extra curricular time**
[After school, evenings, weekends and lunch time]
- **Club school links**
- **Come and try sports days/sessions**
- **Sports Festivals in schools**
- **Sports competitions and tournaments**
- **Coaching clinics for young people, coaches and helpers**

The aim of the overall scheme is to:

- **Develop new opportunities for grass roots activity for young people in Norfolk Schools**
- **Increase participation at grass roots level, through the provision of newly qualified coaches, coach education and therefore increased provision of extra-curricular activities.**
- **Ensure sustainable activity through training and development.**
- **Enable young people to have a quality experience that encourages ongoing participation, through links with sports governing bodies, clubs, and other providers.**

General information

Places for courses are limited, therefore we are requesting that schools apply for a maximum of 2 of the arranged courses and restrict places to 2 from each school. If there are more courses that you would like to attend please note this on the return form. In the event of courses not being filled, or last minute non attendances, we will be able to offer the places again. This will also help us in the organisation of the next round of courses.



Sport: Tag Rugby
Date: Wednesday 25th February 2004
Time: 4 – 6pm
Venue: Diss Rugby Club
Requirements: Suitable clothing for outside activity
Outcomes: At the conclusion of the course coaches will be able to safely and knowledgeably introduce the rules and skills of tag rugby through a safe and enjoyable coaching session

Sport: **Key Stage 2** Tennis course for Teachers, student teachers & assistants
Date: Thursday 26th February 2004
Time: 4 – 6pm
Venue: Heartsease High School
Requirements: Suitable clothing for inside activity
Outcomes: This practical course is led by specifically trained tutors focussing on teaching tennis activity in the primary school environment in curricular and extra curricular time.

Sport: Badminton Teachers Award
Date: Friday 27th / Sunday 29th February 2004
Time: 27th 5 – 8pm / 29th 9 – 6pm
Venue: Thorpe St Andrew High School
Requirements: Suitable clothing for inside activity, you will need to bring your own refreshments for the day
Outcomes: This award is for school teachers, trainee teachers and recommended AOTTS only and is designed to instruct them how to deliver badminton to their pupils both in curricular and extra curricular activity. Candidates must have experience of playing the game to a satisfactory standard.

Sport: Netball (Coaching Players aged 7 – 11 years)
Date: Monday 1st March
Time: 10 – 3pm
Venue: Long Stratton Leisure Centre
Requirements: Suitable clothing for inside activity and refreshments
Outcomes: The course is designed to provide practical ideas for teachers and coaches working both within and outside of the curriculum with 7 – 11 year old athletes. To promote a positive and creative approach to High Five Netball.

Candidates will be given a certificate of attendance after full completion of the day's course. Supply cover can be reimbursed for this training session.

Sport: Table Tennis
Date: Tuesday 23rd March / Wednesday 31st March
Time: 4.30 – 6.30pm / 4 – 6pm
Venue: The Norman Centre, Norwich / Lynnsport & Leisure Park, Kings Lynn
Outcomes: The 2 hour training session is designed to enable school teachers to organise groups of children in fun table tennis activities with limited equipment.

Please return this slip to Jane Hannah, Norfolk Sports Alliance, Turner Rd Centre, Turner Rd, Norwich, NR3 4HB, upon receipt of which confirmation of places on your chosen course will be sent, subject to availability. For any queries please contact me on 01603 727887, jane.hannah@norfolk.gov.uk

Name of School:

Address:

Post code:

Telephone Number:

E mail address:

Name [s] of delegates (max of 2):

Name and Date of course:

1.

2.

Please note any of the other courses that you are interested in, and any future areas of training that you would be interested in attending.