

**Secondary Schools Indoor Rowing****Course Event: ECS H2**

**Date:** Friday 23<sup>rd</sup> April 09.00-16.30 **Venue:** Taverham High School, Norwich **Event A**  
**Date:** Monday 10<sup>th</sup> May 09.00-16.30 **Venue:** Taverham High School, Norwich **Event B**

**Course Context /Audience: Secondary**

A unique practical training module delivered by a British Rowing Association (BRA) Tutor, which is designed to facilitate and support delivery of the new curriculum and OHSL by teachers. It has been developed in collaboration with an education consultant who is nationally acclaimed for her work in the implementation of health – related exercise in schools. Upon completion of this course delegates will be entered onto a county wide register and will be notified of the need to complete a refresher course every two years.

**Objectives:**

This is a 6 hour practical training module which explores a range of innovative practical ideas designed to motivate and challenge pupils and help them to engage in learning about safe and effective indoor rowing technique. Delegates will learn to develop the technical competence of young people who are new to indoor rowing. Ensure safe, effective and appropriate practice for young people in the context of indoor rowing and support the development of young people's personal learning and thinking skills. By the end of the course delegates will be able to plan and deliver safe and appropriate sessions which will help pupils to develop practical skills and technical knowledge needed to sustain a high quality indoor rowing stroke and practical knowledge of safe exercise practice. Delegates will receive course notes, a Dry Learn to Row Handbook and activity cards all of which have been developed in line with the national curriculum 2007. Delegates will be required to deliver a 10-15 min practical session to a beginner as part of the course. This will be assessed through peer & self review.

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**How to book:**

To apply for a place on this activity please visit our website at:

Course Organiser: Keren Thompson
Course Tutor: David Wynne
Phase: Secondary School
Fee: £135.00

<http://www.schools.norfolk.gov.uk/go/PE>

or

Complete a booking form and return it to:

Claire Burrows

Children's Services

Turner Road Centre

Turner Road

Norwich, NR2 4HB

Telephone: 01603 697000

Fax: 01603 760448

Email: [claire.burrows@norfolk.gov.uk](mailto:claire.burrows@norfolk.gov.uk)