



## Background to the “Online” Training Programme:

The outline of the online programmes focuses on the different aspects below.

Attached is an example booklet which are used when we deliver CPD within an educational setting (more information is below).

The online programmes would be delivered through Zoom and will last for 2 hours at a time.

There is the opportunity for the courses to be delivered once a week, twice a week or over a five-day period within the same week.

It is highly recommended that all coaches/teachers undertake the Bronze, Silver and then Gold Coaching workshops and then move onto the teacher CPD programmes.

Once this has been completed, the teaching and coaching courses can then interlink and support each coach.

### Teaching:

The CPD branch follows the course of the National Curriculum that is used within schools in England and within Nigeria. Each of the different sporting areas such as:

- Invasion Games (Football, Hockey, Basketball, Netball, Handball, Tag Rugby)
- Net and Wall (Volleyball, Tennis, Table Tennis, Badminton)
- Striking and Fielding (Rounders, Cricket)
- Athletics (Running, Throwing, Jumping)
- Gymnastics (Rhythmic, Balances, Shapes)
- Dance (All styles including contemporary)

The above is then broken down to focus on the following in each topic:

- Assessment/record keeping

- Methods of teaching
- Planning of lessons
- Use of technology
- Use of resources

Are broken down into weekly sessions which provide teachers with a set plan and follow an assessment criterion to judge how pupils are progressing. Similarly, all the sessions show teachers how the skills can be broken down to meet the needs of all the pupils that are taught.

Similarly, the programme is broken down into the differing key stages, for example:

Nursery - aged 18 months to 4 years of age (nursery and before school age)

EYFS - aged 4-5 years of age (reception)

KS1 - aged 5-7 years of age (Y1/2)

KS2 - aged 7-11 years of age (Y3 to Y6)

KS3 - aged 11-14 years of age (Y7-Y9)

KS4 - aged 14-16 years of age (Y10/11)

Coaching:

This branch focuses on the development of a coach from "what makes a good coach", "different coaching methods", "factors that affect a coach", "fundamentals of skills in sport and of movement in sport.", "sports psychology - factors that can affect a sports coach", "age ranges and expectations for sessions".

Like with the teaching programme, this is delivered through an online programme and then tasks are set for individual coaches to complete in a set time.

Observations of coaches (through them creating a stimulated environment - coach delivering to one person in their home) through an online portal by myself or another member of the UK Sports Coaching team.

The work that is done here will link to a 1st 4 Sport Coaching qualification that can be delivered and undertake when the coaches come to England on the sports tour programme.

(Please note that due to the current situation a qualification must be initially delivered by the in the UK before one is delivered in another country. The work that is done by coaches

during this current time can be transferred over once in the UK).