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Physical Education for Coaches



**The Priory
Friday 30 October 2009
Chris Caws
Howard Marshall**

Agenda

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- **Welcome and introduction**
- **Physical Education in schools**
- **Practical session**
- **Planning an activity**
- **Practical session**
- **Reflection**

Outcomes

- **Know what constitutes high quality Physical Education?**
- **Know the strands for learning in Physical Education and what they mean**
- **Improve your ability to assess young people in Physical Education**
- **Feel more confident to lead and support learning in Physical Education**

What are the learning benefits to the child of being involved in regular, well taught physical education lessons?

Personal
Moral
Physical

Emotional
Intellectual

Social

The aim of Physical Education is to develop physical competence so that all children are able to move efficiently, effectively and safely and understand what they are doing. The outcome, physical literacy, along with numeracy and literacy, is the essential basis for learners to access the whole range of competences and experiences.

Learning to Move

Moving to Learn

From AfPE Manifesto for Physical Education

Exercise does improve learning, and a new understanding of its role in cognition is emerging from neuroscience. A review drawing together results from 44 studies concluded that levels of physical activity are correlated to many categories of cognitive performance in school-age children, including IQ and achievement, and mathematical and verbal testing.

And increasing the amount of time directed towards health-based activities such as physical education has never been shown to impinge on academic performance

TES April 2008

National Curriculum

The knowledge, skills and understanding identify the aspects of physical education in which pupils make progress:

- **acquiring and developing skills**
- **selecting and applying skills, tactics and compositional ideas**
- **evaluating and improving performance**
- **knowledge and understanding of fitness and health**



Outcomes of high-quality PE and Sport

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We want our learners to:

- **show commitment**
- **know and understand what to do**
- **lead healthy, active lifestyles**
- **be confident**
- **have skills and control**
- **be willing to take part in different types of activity**
- **be good at thinking and decision making**
- **have a desire to improve**
- **have stamina, suppleness and strength**
- **enjoy PE and sport**



Conditions for Effective Learning

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- **Knowing what I am going to learn**
- **Knowing what I need to do to be successful**
- **Knowing how it fits in with other learning**
- **Being able to assess my own and the learning of others**
- **Receiving feedback that helps me to identify what I need to do next**
- **Knowing that I have a chance of being successful**
- **Having time to reflect and review my learning using assessment information (with help from the teacher/coach or peer)**