

## **INTERNATIONAL STUDY PROGRAMMES**

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### **ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS WORCESTER: SATURDAY 30 SEPTEMBER – SUNDAY 08 OCTOBER 2017**

#### **COURSE OBJECTIVES:**

The course aims to provide teachers with:

- an insight into Physical Education in British Schools
- an opportunity to compare the teaching of sport in different European countries, to exchange ideas and develop links with teachers from other European countries
- an opportunity to gain new ideas for teaching sport

#### **COURSE CONTENT:**

1. **Lecture on the Teaching of Physical Education in British Primary & Secondary Schools**  
The National Curriculum for ages 11-16:
  - Health Fitness and Well-being Activities e.g. circuit training, aerobics, swimming.
  - Creative Activities e.g. gymnastics, trampolining, dance
  - Adventurous Activities e.g. Orienteering, team building
  - Competitive Activities e.g. rugby, football, hockey, netball, tennis, athletics, rounders.
2. **Lecture and discussion:** GCSE & BTEC Qualifications in sport for 15-18 years olds including: anatomy & physiology for sport, fitness training, sports nutrition, sports psychology, technical & tactical skills in sport, analysis of sports performance, current issues in sport.
3. **3 day visits to primary or secondary secondary schools** Observe Physical Education (PE) lessons and opportunity for discussion with teachers
4. **Discussion** comparing the teaching of Sport in the different countries represented
5. **Workshop: New ideas & techniques for teaching Sport** with a trainer of British teachers at a University Physical Education Department.
6. **Fitness activity on the Malvern Hills**

#### **LOCATION:**

**WORCESTER, England:** Population: 90,000; 106 miles (170 kilometres) north-west of London (2½ hours by rail). Worcester is an historic city on the River Severn. It has a cathedral of great beauty, many buildings from both the Elizabethan and medieval periods and some interesting museums. The countryside surrounding Worcester is exceptionally lovely with a number of outstanding features including the Malvern and Cotswold Hills and the valleys of the rivers Wye and Severn.

**TOTAL PRICE:** 1436 Euro comprises:

**(a) COURSE FEE:** to include:

Full programme of study sessions and visits as itemised above.

NB. Participants are responsible for paying their own daily transport costs, including transport to schools. Optional visits are not included in the price.

**(b) HOST FAMILY ACCOMMODATION:** to include:

Full board accommodation with a local family (inclusive of registration fee): 8 nights  
(Teachers may request to be the only guest of their mother tongue or to stay in the same family as a colleague).

Host families are carefully selected and offer a friendly welcome and opportunities to chat and learn more about life in Britain today. Participants often find that the experience of staying with a host family is one of the most memorable aspects of the course. Accommodation is in single rooms (unless participants request to share). Breakfast, packed lunch and evening meal are provided by the host family. (Food allergies, likes and dislikes are taken into account.)

Please note that many of the suitable residential areas are not within walking distance of the town centre, and most host families are an easy bus ride from the town centre/tuition centre. Local transport from host families to the town centre and local schools is at the participants' own expense and is likely to cost 15-30 Euro per week.

Additional nights with host families can be arranged, giving participants extra time for individual research and visits. Accommodation can be provided for family members (but not unaccompanied children) subject to availability. (Rates on request).

Participants wishing to arrange their own (hotel or self-catering) accommodation may pay a fee for the course only.

**PAYMENT:**

Full payment will be due 2 months before the course begins, or for teachers awaiting funding – as soon as the grant is received. Cancellation charges apply for cancellations 4 weeks or less before the course commences. 3-4 weeks before arrival: cancellation fee: 380 Euros. No refund for cancellations within 3 weeks of arrival. Applicants are strongly advised to take out cancellation insurance.

**TRAVEL:**

Transport at the beginning and end of the course is not provided and International Study Programmes regrets that it is unable to assist with travel arrangements. The most convenient airports: Birmingham (rail to Worcester) or Bristol (airport bus then rail to Worcester).

For enquiries and timetables:

National Express Coach:

[www.nationalexpress.com](http://www.nationalexpress.com)

0044-871 781 81 81

Rail:

[www.thetrainline.com](http://www.thetrainline.com)

0044-871 244 15 45

There is also a useful website [www.traveline.info](http://www.traveline.info) which will assist in planning a journey within the UK using every form of transport.

**INTERNATIONAL STUDY PROGRAMMES:**

INTERNATIONAL STUDY PROGRAMMES has over 30 years' experience in designing teacher development courses for European Ministries of Education, teacher-training institutes and schools and has a well-founded reputation for providing quality courses.

ISP is an experienced provider of European Union funded programmes in the UK. As a course provider with many courses in the former Comenius Database and now in cooperation with many Erasmus+ funded schools, ISP has successfully arranged a wide variety of courses for thousands of European teachers funded by the European Union.

ISP offers an unusually wide variety of teacher development courses, not only for teachers of English and CLIL but also for teachers of other subjects including science, music, art and drama as well as for headteachers and inspectors, in a wide variety of locations in England, Wales, Scotland and Northern Ireland. Each course is designed to meet the training needs of specific types of teachers.

**ERASMUS+ GRANTS:**

Schools may apply for Erasmus+: Key Action 1 funding for their teachers to attend courses in the UK.

(Individual teachers may no longer apply for grants.)

Teachers with Erasmus+ funding and those paying with their own or other funds are welcome to apply for listed ISP courses.

ISP is also pleased to design tailor-made courses to meet the needs of closed groups of teachers from one school.

The annual Erasmus+ deadline is 2 February 2016 for courses starting 1 June 2016 – 31 December 2017, and in February 2017 for courses starting 1 June 2017 – 31 December 2018.

Schools should first register on-line to obtain a Personal Identification Code (PIC) number for the school.

Applications for funding should then be made on-line to applicants' National Agency for Erasmus+.

International Study Programmes will be happy to help with information and advice for your school's Erasmus+ application.

**ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS**

**WORCESTER: SATURDAY 30 SEPTEMBER – SUNDAY 8 OCTOBER 2017**

**DRAFT PROGRAMME**

DAY & DATE	MORNING	AFTERNOON	EVENING
SATURDAY 30 SEPTEMBER			Arrive Worcester
SUNDAY 1 OCTOBER	0930 Welcome  1000- Fitness Activity on the Malvern Hills 1700		
MONDAY 2 OCTOBER	0900- Introduction 1015  1030- Lecture & discussion: Physical Education in British primary & secondary schools. The National Curriculum for ages 11-16: - Health Fitness and Well-being Activities e.g. circuit training, aerobics, swimming. - Creative Activities e.g. gymnastics, trampolining, dance. - Adventurous Activities e.g. Orienteering, team building - Competitive Activities e.g. rugby, football, hockey, netball, tennis, athletics, rounders.	1400- Walking Tour of Worcester 1530	
TUESDAY 3 OCTOBER	0830- Day visit to the Physical Education (PE) department of a Junior school (ages 7-11) or a Secondary School (ages 11-18) Observe PE lessons and opportunity for discussion with teachers and to be involved in sports lessons: football, netball, hockey, gymnastics, etc.		
WEDNESDAY 4 OCTOBER	0900- Day visit to an independent school. Tour of school & sports facilities. 1700 Presentation on physical education in the school, sports offered in the school, coaching, tournaments, etc. Observe PE lessons		Optional evening in a pub
THURSDAY 5 OCTOBER	0900- Day visit to a primary or secondary school 1600 Observe PE lessons and opportunity for discussion with teachers and to be involved in sports lessons.		
FRIDAY 6 OCTOBER	0900- Lecture & discussion: GCSE & BTEC 1030 Qualifications in sport for 15-18 years olds including: anatomy & physiology for sport, fitness training, sports nutrition, sports psychology, technical & tactical skills in sport, analysis of sports performance, current issues in sport  1100- Workshop: New ideas & techniques 1300 for teaching sport and motivating pupils to engage in sport & keep fit with a trainer of British teachers at a University Physical Education Department.	1400- Feedback discussion on school visits 1600 and compare the teaching of sport in the different countries represented	
SATURDAY 7 OCTOBER	0930- Observe a schools football or rugby 1300 match or a coaching session	1430- Evaluation Session 1530	
SUNDAY 8 OCTOBER	Depart Worcester		