



**Stimulating School Sport**

AUTUMN 2023

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WE ARE PLEASED TO BE WORKING WITH THE FOLLOWING PARTNERS



## WELCOME TO ICE EDUCATION

Sport and physical activity continue to be a defining feature of all schools. The landscape of competition, high performance and wide participation continues to shift and present challenges to school sport. There are also opportunities, especially for schools with contemporary approaches and dedicated staff.

Bringing the benefits of sport to all children requires a workforce of willing and able teachers and coaches. Training is an important part of this. It is essential that coaching is safe and compliant, but equally significant that it is exciting and engaging to stimulate enthusiastic participation. In an era where compulsory school sport is diminishing, it is important that it is replaced by a strong culture of willing involvement. This can only be achieved by staff who are able to make the experience compelling. Being up to date with modern approaches is a vital component of this.

Alongside this, the profile of pupil wellbeing has never been higher. Active wellbeing is a vital part of this, as schools seek to inspire children to adopt lifetime exercise habits. Accordingly, there are new courses to equip teachers to adopt creative approaches that might impact upon all – including the hard to reach.

Since the pandemic forced CPD online, most schools now adopt a hybrid approach, combining some face to face training with less intrusive webinar updates. In order to cater for all demands, we now offer a range of courses of both types. Online training is featured on the later pages of this brochure.

You will also notice some changes in the branding. After 20 years as Independent Coach Education, we are making a minor amendment to abbreviate to ICE Education. This is a reflection of the fact that coach education is only half of what we now offer. However, nothing will change in the quality or style of events, or the range of services available.

We look forward to working with friends, schools and partners again for another year of stimulating school sport.



Helen Oliver  
Events Director

## Supporting Aspiring Athletes Programme

### A programme of online sessions suitable for all ambitious teenage athletes

This Programme is intended to help schools support their most able and dedicated athletes by providing access to relevant science. It is suitable for Sports Scholarship holders, and other performers serious about maximising their ability. Over 2500 athletes took part in these sessions last year.

All sessions last roughly 45 minutes and can be accessed individually, or as a series.

MONDAY 6 NOVEMBER

**Simplifying processes:  
Thriving and flourishing**  
Andy McBride,  
World Championships and  
Olympic coach

MONDAY 13 NOVEMBER

**The Game Plan:  
Competition for places**  
James Overend,  
CEO ClubHub

MONDAY 20 NOVEMBER

**Personal Development:  
Values and goal setting**  
Jez Belas, Engagement  
Director youHQ

MONDAY 27 NOVEMBER

**Competition Nutrition:  
Fuelling for peak  
performance**  
Dan Richardson, Sports  
Nutritionist

BOOKING



1 SESSION £100 ALL SESSIONS £295  
BOOKED LAST YEAR? £200

Sessions available to view as many times as you wish for 2 weeks upon issue date. All prices exclude VAT.

## JOBS IN SPORT

### Looking for a new job this year?

Sign up FREE to receive details  
of job vacancies direct to  
your Inbox every week.



SIGN UP NOW AT  
[www.jobsinsport.online](http://www.jobsinsport.online)



## Intermediate Netball Coaching: Learning from the World Cup

with **Laura Malcolm**

**New**

**Friday 10 November** Uppingham School, Leicestershire

**Monday 13 November** Charterhouse School, Guildford

**Friday 19 January 2024** Gordon's School, Woking

This course is suitable for ambitious school Netball coaches who have some experience, and who wish to update their knowledge and apply lessons from the recent World Cup. This will enable them to present sessions which reflect the cutting edge strategies of modern Netball, and understand what the top teams are trying to achieve. The course will explain how school teams can adapt these methods to suit teenage players.

- Shutting down attacking options
- Ensuring defenders and attackers are working together
- Opportunities to win ball across the court
- Maintaining a possession game in attack
- Working as a unit to create turnover opportunities
- Building structures and options

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.

**EARLY BIRD DISCOUNT  
FOR BOOKINGS  
IN SEPTEMBER**



**EXTRA  
10%  
OFF**

\*Early Bird Discount does not apply to British Gymnastics and Trampoline courses

## 16th Annual National Schools' Netball Coaching Conference Developing Attacking Play

Monday 4 December at Surrey Sports Park, Guildford

*With Leigh Gibbs and Laura Malcolm*

This year's Conference will focus on developing attacking play at an individual and team level. It will demonstrate practices to establish a foundation of essential attacking skills, which can be deployed to enhance tactical knowledge. Using young athletes to present contemporary coaching, sessions will integrate decision making and explore the use of a constraints based approach. Leigh Gibbs is one of netball New Zealand's most experienced coaches and coach educators, and will present the ways in which Netball New Zealand seeks to develop the game amongst the country's young players.

The Conference will be hosted by World Championships silver medallist, Laura Malcolm, who will present breakout sessions on what schools can learn from the World Cup through the middle of the day.



BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Leigh Gibbs** had a 10 year career in the New Zealand national team, and was captain when they won the gold medal in the 1987 World Championships. She was later head coach of the New Zealand team at the 1995 World Championships and, in a second spell with the team, was assistant coach of the team which won gold at both the 2003 World Championships and the 2006 Commonwealth Games. She has previously been the head coach of New Zealand Under 21, when they won with U21 World Championships. She was later Director of Coaching and Officiating at Netball Queensland and is currently the Netball New Zealand Community Coaching manager



**Laura Malcolm** won a silver medal in the 2023 World Championships in Cape Town. She was also in the England team at the 2022 Commonwealth Games, and was co-captain for the 2019 tour of South Africa. She was in the Manchester Thunder team who won the 2019 Superleague, and was named in the 2021 Superleague 'Team of the Year'.



## NETBALL



## Netball Attack Masterclass with Tamsin Greenway, Head Coach Scotland

**New**

**Thursday 8 February 2024** Reading Blue Coat School, Berkshire

This is a course for teachers with some experience of coaching Netball, who wish to incorporate the most modern skills and strategies into their coaching. It is particularly suitable for coaches of the game from Under 12 to Under 15 level. Tamsin will bring contemporary approaches direct from international and Superleague Netball, and demonstrate how these can be presented in schools. A range of innovative practices will be presented, enabling teachers to approach the new season confident that their sessions will be exciting and effective.

- Improving reactive responses in Netballers
- Focus on improving defensive relationships
- Practices to increase working relationships on the court
- Court related positional practices
- Focus on how attackers can work together
- Working with a school team to achieve success

**BOOKING**


1 PLACE **£209** 2 PLACES **£339** 3 PLACES **£435**

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.

## Netball Defence Masterclass with Tamsin Greenway, Head Coach Scotland

**Friday 24 November** Epsom College, Surrey

This course focuses on individual and team defence. It is intended for teachers with some knowledge of the game, who wish to improve their understanding of all aspects of Netball defence. It will also provide practices to develop the ability of players to win back the ball in the rear third, and to adopt a range of defensive strategies. These will be applicable to all ages and abilities of players, making the course especially suitable for coaches and teachers of the Under 11 to Under 15 age range.

- Understanding play in the end third
- Team movement patterns
- Fundamental defensive skills
- Exploring how the unit works together to create turnover or win ball
- Common defensive structures
- Building effective defence at all levels of the game
- Individual skills for effective defence

**BOOKING**


1 PLACE **£209** 2 PLACES **£339** 3 PLACES **£435**

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Tamsin Greenway** is the current head coach of the Scotland National Netball team, leading the team at the 2023 World Cup. She was a member of the England teams that won bronze medals at the 2010 Commonwealth Games and at the 2011 and 2015 Netball World Cups. Between 2006 and 2018 she played in eight Netball Superleague grand finals for three different teams – Team Bath, Surrey Storm and Wasps. During this time she won five Netball Superleague titles as a player and/or coach and a sixth as a Director of Netball. Tamsin works as a Netball pundit for Sky Sports.



## Netball Coaching for Beginners with Karen Greig, Head Coach Manchester Thunder

**Friday 17 November** Bloxham School, Oxford

**Monday 6 November** Guildford Spectrum, Surrey

**Monday 29 January 2024** Charterhouse School, near Guildford

This long-running, popular course is designed for teachers who are new to delivering Netball sessions in schools, or who have not done so for a few years. No previous experience of playing or teaching the game is necessary, though most participants have a basic understanding. Content includes fundamental skills and ways of practising them, simple strategies for team play, as well as explaining the Rules and the way the school game is umpired. The course will provide a range of practices, an awareness of techniques in shooting and passing as well as simple tactical understanding. It will also explain the basic rules, and how these can be applied to umpiring school games. Teachers will gain confidence that they have the skills and understanding to deliver curriculum lessons and run a school team.

- Skill based warm ups for young players
- Person to person defence
- Ball handling techniques and practices
- Sound shooting technique
- Passing drills and games
- Developing options and court balance
- Developing effective footwork
- Understanding the Rules, including recent changes
- Getting free in attack

**BOOKING**


1 PLACE **£209** 2 PLACES **£339** 3 PLACES **£435**

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## Umpiring School Netball with Karen Greig, Head Coach Manchester Thunder

Friday 1 December Berkhamsted School, Hertfordshire

Most teachers of Netball are required to umpire school matches, often in front of an audience of critical parents. This can be stressful for the novice, or inexperienced, umpire. Relatively recent rule changes have made this more challenging. This is a course to help teachers gain confidence that they can create a safe and positive environment for both players and spectators. It will ensure that teachers are familiar with the Rules, but also how the school game should be managed and scored. This course consists of classroom based learning and practical application. It also considers how the Rules can be applied sensitively to young players and lower ability games, to allow play to flow, and maximise player enjoyment and development.

- Major rules and penalties
- Use of the whistle
- Umpire signals, communication and positioning
- Applying advantage
- Effective umpiring at school levels
- Scoring the match
- Prioritising at different age groups
- Interpreting difficult situations

BOOKING



1 PLACE £89 2 PLACES £130 3 PLACES £199

Course runs 1pm – 3.30pm. Please call for prices for bigger groups. Price excludes VAT.



**Karen Greig** is the current Head Coach and Franchise Director of Manchester Thunder, who were Superleague Champions in 2019 and 2022. She is a former captain and Superleague winner with the same team, and was the 2018 and 2022 Superleague 'Coach of the Year'. Karen won 40 England caps as a Goal Shooter, and was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21. She is also a Sky Sports Expert Summariser.

## Prep Schools' Netball Conference Tuesday 30 January 2024 at Surrey Sports Park, Guildford

Cathy Fellows is one of the leading defence coaches in Australia – the country which leads the world in successful Netball defence statistics. In this year's Conference, she will demonstrate the individual skills and team strategies which can enable prep school players and teams to become competent and effective defenders. Cathy will demonstrate coaching sessions with young players, to show how teachers can deliver effective sessions to develop their players and build successful teams.

The day will be hosted by Natalie Metcalf, who will present complementary lunchtime breakout sessions on attacking principles to break through a defensive box.

### SESSION ONE

#### Proactive Defence: Fundamentals of controlling the contest

Cathy Fellows

### SESSION TWO

#### Breaking the box: Attacking principles to break through a defensive box With a focus on shooter exiting and where to overload the defence in the attacking 1/3

Natalie Metcalf

### SESSION THREE

#### "The Best Defenders have the Best Footwork" Skills and drills to improve athlete defensive capabilities

Cathy Fellows

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm. Prices include refreshments, lunch and resources. Excludes VAT.



**Cathy Fellows** is the current defence coach at Adelaide Thunderbirds, who were Suncorp Super Netball champions in 2023. She was also coach of the Australia Fast Five team, which won the gold medal in 2022 Fast5 World Series. She has also coached and selected Australia age group teams from Under 17 to Under 21, in addition to being a specialist defence coach at the National Centre of Excellence. She is widely credited with the development of star international defenders Shamera Sterling and Latanya Wilson.



**Natalie Metcalf** (nee Haythornthwaite) has been one of England's leading players since her debut in 2015. She has won more than 50 caps, and was appointed captain in 2022. She was part of the England squad that made history by winning the gold medal in the 2018 Commonwealth Games. Away from the international game, she won consecutive Superleague titles with Wasps, and also played for New South Wales Swifts in Suncorp Super Netball, the world's leading professional league.



## RUGBY

## Beginners' Rugby Coaching and Refereeing (15-a-side)

### with Dan Cottrell

**Tuesday 10 October** Reading Blue Coat School, Berkshire  
**Friday 17 November** Wycliffe College, Gloucestershire

This is a course for teachers and coaches involved in delivering 15-a-side Rugby coaching, and refereeing matches and practices for the first time. It will also provide a refresher for teachers adjusting their coaching to accommodate new tackle laws. It focuses on the practicalities of organising a coaching session, and introduces a range of techniques and ways to practise them.

The emphasis is on modern techniques and simple, imaginative practices. The safety elements of coaching the scrum and contact area are included to give coaches confidence and protection from allegations of negligence. There will be a focus on the implications of changed tackle requirements.

The afternoon is devoted to refereeing the game at school level. This focuses not only on the basic laws, but also the practicalities for the school referee of creating a safe and even contest and using specific methods of communication to ensure that the match day experience is safe and enjoyable for all involved. Particular attention is paid to considering how to deal with parents on the touchline, and prevent the emergence of dissatisfaction in that area. This course is designed to build confidence in teachers who are new to coaching the game, or who are not comfortable with the idea of refereeing a school match.

#### Coaching

- Understanding and coaching core skills
- Building the skill set for young players
- Implications of new tackle laws
- The contact area and ways to practise it
- Creating a basic backline
- Safe scrummaging

#### Refereeing

- Applying the law in school matches
- Ensuring safe procedures at scrum and ruck
- Refereeing the new tackle law
- Managing the game through communication
- When and why to blow the whistle – and when not to
- Coping with the mismatch
- Dealing with parents on the touchline

BOOKING



1 PLACE £209 2 PLACES £299

Conference runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.

## Northern Rugby Coaching Conference: Winning the Ball

**Thursday 28 September**  
 at Bradford Grammar School, West Yorkshire

This Conference is aimed at coaches in charge of competent school 1st and Under 16 teams. It will be of particular interest to those in charge of forward play. The programme will cover all aspects of ball winning, and retention, presenting the most contemporary techniques and practices from the elite game.

The four parts of the day will focus on each area of the game in some detail. Industry experts will present contemporary material to explain how the leading teams address these areas. There will be extensive video illustration and analysis, to enable deep understanding of how to develop these strategies within school teams.

This is an in-depth programme for experienced coaches of ball winning.

#### LINEOUT

**Coaching an Effective, Varied Attacking Lineout**  
 with Alex Codling,  
 Head Coach at Newcastle Falcons, former England lineout coach

#### MAUL

**Creating a Powerful Unit at Set Piece and Open Play**  
 with Alex Codling

#### SCRUM

**Gaining a Physical, Mental and Emotional Edge**  
 with Ian Peel, Forwards Coach at Saracens, former England scrum coach

#### RUCK

**Understanding the Details of Winning the Breakdown**  
 with Martin Webdale,  
 Head Coach at Loughborough University

BOOKING



1 PLACE £189 2 PLACES £279

Conference runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.



## Introducing and Coaching Girls' Rugby

### with Dan Cottrell

New

**Tuesday 7 November** Reigate Grammar School, Surrey

This course is intended for coaches who are introducing Rugby to girls, or involved in running girls' teams in schools. It emphasises the challenges in presenting the game to girls, and how these may differ from coaching the boys' game. The course illustrates ways to build a strong and supportive environment for players: it considers the starting plan and the importance of the early sessions. It looks at the ways to establish a successful programme, which includes inter-school competition. Although the laws of the game are the same, its character can be very different for girls. The course will suggest coaching priorities, with lots of practical examples, drills, games and fun activities.

- Creating the right buzz to build a girls' team
- Develop a starting plan
- Planning the first few weeks
- Establishing a successful girls' Rugby programme
- A unique approach
- Catch and pass reimagined
- Teaching tackling to build confidence
- Kicking and general game understanding
- Addressing the safety issues in girls' Rugby

BOOKING

1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.



**Dan Cottrell** is a Rugby coach and author, who specialises in producing innovative coaching content for age group coaches of all levels of experience. His newsletter *Rugby Coach Weekly* is read by 100,000 coaches worldwide, and is supplemented by a range of other resources. Dan played first class rugby for Bristol and Bath and was Head of Rugby at Cranleigh for six years.

## Developing Safe, Exciting Rugby for Intermediate Coaches

**New**

with Dan Cottrell

Thursday 21 September Glasgow Academy, Glasgow  
Friday 10 November Bloxham School, Oxford

This is a course for teachers who have some experience of coaching the game, and wish to update their content to ensure both safety and player engagement. The priorities of school Rugby coaches have been changing in recent years. There is greater emphasis on safe coaching of the contact areas, a need to adjust to the new tackle laws and a growing importance of making the learning experience fun so that children want to be involved in the game. Teachers need to have a wider range of content than ever before, and be aware of new and engaging approaches, in addition to ensuring that risk is minimised. This course will help teacher coaches develop confidence that they are providing the best experience for young players of all abilities. It will provide a wide range of new ideas, drills and games as well as clear guidelines on ensuring safe practice throughout.

- Engaging warm-ups
- Handling and passing upgrades
- Creating an exciting, attacking game
- Understanding the new tackle laws
- Safer, more skilful tackling for all abilities
- Simple steps to establishing effective attack
- Safe and easy ways to build a stronger scrum
- Easily managed game scenarios
- Better ways to use touch rugby

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## National Conference for Heads of Rugby in Schools

Tuesday 14 November at Ealing Trailfinders RFC, West London



### In collaboration with RFU

Heads of Rugby face unprecedented challenges to maintain a game which schools are confident to offer, and which parents are happy for their children to play. This has been reflected in the recent Review of Schools Rugby led by the RFU, and also in the HMC Survey into the trends in the game within those schools. The results of both of these initiatives will be presented at this Conference, in order that schools can benchmark their programmes against industry norms, and plan for how the future of the game might look. The changes in Regulation will also be introduced and explained. With new tackle laws coming for the new season, England Under 18 Head Coach will anticipate the impact on how the school game may be played and coached. This is an opportunity for Heads of Rugby to ensure that they are aware of the latest trends and developments in the game, and to network with others facing similar challenges.



### PROGRAMME

#### The Future of Schools Rugby

Sir John Coles, CEO, United Learning, Chair of RFU Schools Rugby Review

#### Results of the HMC Rugby Survey

Tony Jackson, Headmaster Barnard Castle School, HMC Rugby lead

#### RFU Regulation, Compliance and Good Practice

Mark Saltmarsh, RFU Player Pipeline Manager

#### Why do we Play? Communicating the Benefits of the Game

Neil Rollings, PADSIS Chairman

#### The Future of Academy Rugby and its Implications for Schools

Don Barrell, RFU Head of Performance Programmes and Pathways

#### The Under 18 Game Under New Tackle Laws

Jon Pendlebury, England Under 18 Head Coach



BOOKING



1 PLACE £209 2 PLACES £299

Conference runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## RUGBY

## Coaching and Refereeing New Rules of Play (Under 9 to Under 12)

with Dan Cottrell

Friday 6 October Shrewsbury House School, Surbiton  
Tuesday 21 November Dragon School, Oxford

### Including the new Tackle Laws

This is a specialist course for teachers in the prep sector, who are involved in coaching Rugby under New Rules of Play. It will explain how these Rules develop at each age group, and the implications for refereeing school matches at various stages. There will also be a focus on coaching the game in the school setting, to enable players of all ages and abilities to overcome apprehension and learn to enjoy developing skill and evasion. It will also enable teachers to be confident that they are delivering the game safely, with an emphasis on contemporary coaching of the new tackle laws, contact area and scrum.

- Understanding the developmental framework
- Clarifying the Rules at each age group
- Coaching core skills to young players
- Focusing on skill and evasion
- Building confidence in contact
- Addressing the safety issues: tackle, scrum and ruck
- Refereeing school matches to enhance continuity and enjoyment
- Establishing a positive match environment

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## National Prep Schools' Rugby Conference

Thursday 12 October  
at Abingdon School, Oxfordshire



### In collaboration with RFU

The landscape of Rugby in Prep schools is shifting. With compulsory contact Rugby a thing of the past, schools must adapt to ensure that their provision for the game is more safe, inclusive and appealing than ever before.

This Conference is delivered in collaboration with RFU, to ensure that schools are aware of how to ensure that their programmes are in line with expectations, compliant with legal requirements and reflect what is happening across the sector. The results of the national prep schools' survey will be presented for the first time at this event.

### PROGRAMME

#### The Landscape of Prep Schools Rugby

Carl Rycroft, Headmaster,  
Davenies School

#### Ensuring your Programme is Compliant with Current RFU Regulations

Rachel Faull-Brown, RFU  
Player Welfare Manager

#### National Prep Schools' Rugby Survey Results

Neil Rollings, PADSIS  
Chairman

#### What Does a Successful Modern Prep School Rugby Programme Look Like?

Mark Saltmarsh, RFU Player  
Pipeline Manager

#### Why do we Play? Communicating the Benefits of the Game

Neil Rollings

#### Practical Coaching: Practices to Develop Handling and Attacking Skills

Tom Mitchell, England  
Sevens Captain. GB Captain  
at Rio and Tokyo Olympics

BOOKING



1 PLACE £159 2 PLACES £199

Conference runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## Coaching Lower Ability Rugby

with Dan Cottrell

Thursday 16 November Gordon's School, Woking

### Including the new Tackle Laws

This is a course for teachers who coach Rugby to younger and less able players. Often these players will have mixed levels of enthusiasm, and a nervousness about contact. Teachers can also be inexperienced and face a challenge to make the game enjoyable and engaging through a long term. The course seeks to equip new coaches with the confidence that they can make their sessions safe, contemporary and fun.

- Ensuring a positive Rugby experience for all
- Overcoming apprehension and reluctance
- Simple rules for early term practices
- Presenting essential session content in an engaging way
- Different game formats: full contact, XRugby and Touch Union
- Fun ways to teach tackling, rucking scrums and passing
- What a great session looks like and how to plan it quickly

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.

**SPORTS**   
COACHING ONLINE

[www.sportsoaching.online](http://www.sportsoaching.online)





## HOCKEY

We are pleased to be partnering with MT13 in the delivery of this term's Hockey courses.



## Coaching Mini Hockey with Matt Taylor

**New**

Thursday 12 October Dragon School, Oxford

Hockey at Under 13 and below is played 7-a-side. This is the stage at which a sound foundation of basic skills and game understanding is established. Although many of the techniques are similar to the full game, the tactical implications of a smaller pitch demand an alternative approach. The Mini game also allows opportunities to introduce tactical dimensions that will continue into the 11 a side game, such as strategies for long corners, hits around the circle and the self pass.

- Developing core skills
- 1v1 elimination skills
- Passing on the reverse and the open stick
- Free Hits & Long Corner rule
- Outletting from 16-yard hits
- Penalty Corners attack and defence
- Making the most of the self pass
- Formations for the 7-a-side game
- Games based practices

BOOKING

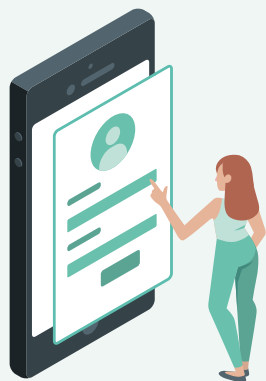


1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.

## Sign up for our free professional newsletter

The ICE Newsletter is published fortnightly in term time. It provides a range of articles and information on issues surrounding PE and School Sport. It is completely FREE



**SIGN UP NOW AT**  
[www.ice-education.co.uk](http://www.ice-education.co.uk)



## Developing 1st XIs for the Modern Game

**New**

with Matt Taylor

Wednesday 22 November Glasgow Academy, Glasgow

This course is aimed at coaches of school 1st XI (boys and girls) and U16s hockey teams at senior schools. Content is delivered through a mixture of practical and theory based sessions. The aim is to introduce experienced coaches to the techniques and strategies of the current elite game, and show how contemporary approaches can be deployed in schools. The main focus is creating flow in attacking situations and the opposite – reducing flow in defensive situations.

- Developing contemporary core skills
- Formations to suit senior school hockey
- Practices to develop 1v1 defending and tackle techniques
- Practising the Transition into Possession phase
- Coping with Transitions out of Possession
- Ensuring shape in the circle to create goal scoring opportunities

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Matt Taylor** is the current head coach of Nottingham University, who won the BUCS championships in 2015 and 2022. He was previously head coach of Beeston HC in the Men's Premier Division, winning three championships between 2010-2014. He has also helped developed 60+ junior players gain presentative honours for the National Age Squads as well as having coached 40+ senior Internationals. Matt was an England international player, who also won seven Championship titles with Cannock HC.

## Hockey Coaching and Umpiring for Beginners

with Matt Taylor

Monday 9 October Reigate Grammar School, Surrey  
Monday 13 November Wycliffe College, Gloucestershire  
Tuesday 14 November Stowe School, Buckingham  
Monday 29 January 2024 Tonbridge School, Kent

This is a course for teachers who are new to coaching and umpiring hockey, or who have not been involved in the school game for a few years. It provides an introduction to modern coaching techniques, as well as tactical considerations for team play. Coaches will become confident that they can develop individual players, in addition to preparing school teams for competition. Ten conditioned, training games are introduced, along with guidance on structuring school sessions for both the 7 and 11 a-side versions of the game.

Umpiring content is aimed at making teachers confident to officiate in school games, typically at lower age and ability levels. The course includes everything for the novice coach to make a positive contribution to school Hockey.

### Coaching

- Making Hockey fun
- Basic practices for core skills
- Developing key technical skills for inexperienced hockey players
- Conditioned Games to enhance tactical understanding
- Develop the principles of the Self Pass
- Formations and Set Pieces for the 7 aside and 11 aside format of the game
- 5 structured session plans

### Umpiring

- An overview of all significant rules
- Sympathetic officiating of lower age and ability levels
- The differences between umpiring 7 aside and 11 aside format of the game
- Playing advantage in junior Hockey
- Communicating with players and spectators

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



## SWIMMING



## Coaching Swimming In Schools with Joe Roebuck OLY and Amy Smith OLY

**Friday 24 November** ACS International School, Cobham, Surrey  
**Thursday 25 January 2024** James Allen's Girls' School, S London  
**Monday 29 April** Berkhamsted School, Hertfordshire

This is a course for teachers of curriculum Swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. It will present extensive analysis of each stroke, showing skill progressions and common mistakes. Teachers will be equipped to better understand effective techniques, diagnose faults and provide corrective practices. It is also appropriate for coaches of school swimming teams, who are aspiring to improve the techniques of their swimmers. Joe and Amy will conduct all courses in partnership, ensuring a constant and unique combination of demonstration and poolside explanation.

- Basic aquatic skills
- Technique of the major strokes
- Practices to ensure student progress
- Effective content for swimming lessons
- Analysing and correcting faults
- Improving starts (from poolside and blocks)
- Progressive teaching of turns and tumble turns
- Swimming in competition
- Benefits of swimming aids

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.



**Amy Smith** competed in the 2012 London Olympics in the 50m freestyle. She has competed in three Commonwealth Games, winning silver medals in each. She is European Championships Gold medalist and World Championships finalist.



**Joe Roebuck** competed in three events in the 2012 London Olympics. He competed in the Commonwealth Games of Delhi and Glasgow, winning two Silver medals. He is a ten time British champion, and holds both British and Commonwealth records.

## HEALTH &amp; FITNESS

## Athletic Development in Schools with Tim Exeter

New

**Tuesday 28 November** Berkhamsted School, Hertfordshire

This course is designed for teachers and coaches who are working within school Athletic Development programmes at all levels. It will highlight effective approaches, intended to maximise the impact of coaching. In an industry full of conflicting views, this course will help clarify what is required to manage a successful Athletic Development programme, alongside practical advice on what works well in the school environment.

- Warm up – the first opportunity for improvement.
- Injury reduction – through Mobility and stability, movement and strength training.
- The role of better movement.
- Movement skills – coaching for efficient movement.
- Multi Directional speed and movement – essential exercises and coaching approaches for faster athletes.
- Strength Training – context-appropriate programmes for all age groups and environments

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.



**Tim Exeter** is a physical performance coach who has worked with international and professional teams in Rugby and Football, including World Champions from England Rugby, Indian Cricket, Motorsport, Boxing and Ryder Cup Golf. He has created youth development programmes in a range of clubs in the UK and France, which have impacted many International players in their formative years. Specialities include multi-directional speed and power to enhance movement efficiency and performance.

EARLY BIRD DISCOUNT  
FOR BOOKINGS  
IN SEPTEMBER



EXTRA  
10%  
OFF

\*Early Bird Discount does not apply to British Gymnastics and Trampolining courses



## Leading Group Exercise Sessions with Confidence

New

with Asha Riley

**Monday 20 November** Heathfield School, Ascot

This course centres around session design and delivery to maximise positive experiences of exercise in schools. The content will be suitable for use in the PE or Games curriculum or as part of the extra-curricular physical activity. It will provide the tools required for inclusive, enjoyable and empowering group exercise sessions and participants can expect to leave feeling confident to put these skills into practice. Attendees will also receive a workbook of tried and tested sessions that can be immediately implemented alongside existing sport and exercise provisions.

- Establishing the right environment for positive experiences
- Rewriting the narrative around exercise and fitness
- The role and influence of the session leader
- Creative and conscious session design
- Promoting sessions for maximum uptake
- Ensuring inclusion and building a community
- Redefining success
- Reward and recognition
- Establishing a culture of health and active wellbeing

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
 Prices include refreshments, lunch and resources. Excludes VAT.



**Asha Riley** is a Loughborough graduate and international Lacrosse player who has taught PE in the UK and in Asia. She is an advocate of active lifestyles and the ways in which schools can encourage girls, in particular, to overcome barriers to participation and enjoy a lifetime of appropriate activity. She is the author of MOVE60, which is an innovative PE programme to intended to change the way in which exercise awareness is raised in schools.





## Successful Games Teaching in Key Stages 1 and 2

**New**

Friday 17 November Berkhamsted School, Hertfordshire

This is a course for both specialist and non-specialist teachers who are involved in delivering games education at Key Stage 2. Teaching games has historically put the focus on developing basic physical skills whilst hoping that children will almost “absorb” tactical awareness. Research shows us that is not the case. Tactics should be “taught not caught.”

This course will enable teachers to analyse and develop the physical and decision making skills essential for enjoyable and effective engagement in games, in a developmentally appropriate way. It will enable a re-evaluation of games teaching, ensuring all the essential building blocks are in place to help younger students achieve.

- The physical and decision making skills involved in different types of games
- Fundamental Movement Skills
- Pedagogical approaches to the teaching of games
- STEP Principles to adapt games to include and challenge all students

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Lesley Minervini** is a PE advisor with over 25 years of experience working in primary education. She has worked with teachers and coaches throughout the UK and across the world. The resources and courses she has written include: Curriculum Companion for Early Years and Curriculum Companion for PE, YST Healthy Movers Take Home Pack and the Active Cumbria Start Programme Resources for parents, EYFS Practitioners and KS1 Teachers.



**Sarah Thorp** is the PE Advisor for Camden. She is a recognised International Lead Consultant for Physical Education, creating and delivering bespoke training programmes for schools and universities across the world.

## Conference of PE in Early Years and Key Stages 1 and 2

Monday 11 March 2024  
at Dragon School, Oxford

This Conference will bring together experts in the field of PE through the Early Years, Key Stage One and Two age groups. It will present a range of topics, from which delegates can choose to suit their requirements. Sessions will combine evidence-based theory and practice to show how teachers of these stages can present innovative and creative material that will enable pupils of all ages and abilities to progress and thrive.

Delegates choose from a range of topics:

- Designing a progressive and appropriate curriculum from Early Years to Key Stage 2
- Practical ideas to develop fundamental movement skills in young children
- Outdoor Learning experiences for Early Years
- Identifying and supporting children with movement difficulties in PE
- Building physical activity in other curriculum areas
- Analysing and developing the physical and decision making skills essential for enjoyable and effective engagement in games
- Building a developmentally appropriate, inclusive games education

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Conference runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Dr Sharon Drew** is an advisor, trainer and author with a special interest in physical skills development in young children and young people with additional needs. She has written and produced a number of practical resources to support practitioners and parents, including, Smart Moves Motor Skills Development Programme, Movers and Creators (early years), Fidget Busters Brain Breaks and Energizers, Take Ten fine Motor Activities for the Classroom and Target Ladders: Developing Coordination.



## Coaching School Tennis with Dan Bloxham

Friday 8 March 2024 White Horse Tennis Centre, Oxfordshire  
Monday 29 April Sutton Tennis Centre, Surrey

ICE Education is supported by  
The Independent Schools' Tennis Association



This course is suitable for teachers with little experience of delivering Tennis sessions, who wish to embrace new approaches to enliven sessions and improve student performance. It is also appropriate for PE teachers seeking to improve and modernise lesson content. Content will include details of modern techniques, imaginative practices as well as doubles tactics for school tennis.

- Modern tennis techniques for School Tennis
- Practices, drills and games to improve performance
- Effective teaching of the serve
- Managing large groups
- Small sided games for tennis
- Advanced techniques for improving players
- Tactics and strategies for doubles play

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Dan Bloxham** is the Head Coach of the All England Club. He is Licensed LTA Level 5 coach. He also delivers the Wimbledon Junior Tennis Initiative, leading the Performance dimension of this programme. This involves the provision of elite coaching, analysis and performance support. Dan is a Sports Ambassador for HSBC along with Tim Henman, and is the author of several coaching books.

## PHYSICAL EDUCATION

## National Conference for Heads of Physical Education

Thursday 1 February 2024  
at Leonardo Royal Hotel, Oxford

This Conference is intended for current and aspiring Heads of secondary age Physical Education in schools of all types. It will present a range of contemporary material, alongside case studies of current best practice in different sectors, to enable programme leaders to ensure that PE is relevant and meaningful in their context. Current practitioners will be enabled to bridge the gap between research and practice. The day will provide a combination of inspirational keynotes, interactive workshops and opportunities to collaborate with other leaders of PE.



### PROGRAMME

#### Embedding a physical literacy informed PE curriculum, reflecting the Sport England consensus statement

Dr Liz Durden-Myers,  
Chair, International Physical Literacy Association

#### The Concept Curriculum: a vehicle to transform PE to meet the needs of all learners

Lee Sullivan, author of 'The Concept Curriculum'

#### Understanding Meaningful PE as a framework for positive experiences for all

Will Swaithe, PE Scholar

#### Contemporary ideas for effective teaching of examination GCSE & A level PE

Jackie Brooks, PE Active

#### Imaginative delivery for vocational sports courses and qualifications

Jackie Brooks, PE Active

#### Ensuring PE provides a sense of belonging: gender diversity, inclusion and social justice

Liz Durden-Myers, Bath Spa University  
Will Swaithe, PE Scholar

#### Managing change in PE through 360 degree relationships

#### Case Study: Revolutionising a traditional PE programme

Phil Greenaway, Dulwich College

#### Case Study: Improving health and fitness education through PE

Asha Riley, St Swithun's School



## BADMINTON



## Inspiring Badminton Teaching and Coaching

with Gail Emms MBE

Monday 13 November Surrey Sports Park, Guildford

Badminton is a sport played in most schools, but one in which lessons can become predictable, uninspiring and repetitive. This is a course for teachers and coaches who want to reinvigorate their sessions with exciting, contemporary content. Gail Emms is one of Britain's leading Badminton players of recent times, and will present the most modern skills and strategies, and show how these can be adopted by teachers in schools. Stimulating practices will provide a range of content suitable for all schools, including those with limited court space. Tactics for match play will also be introduced, making the course appropriate for those who coach school teams. It contains all content necessary to achieve top bands in GCSE.

- Modern Badminton techniques
- Utilising the whole court
- Defending and attacking strokes
- Small sided games and practices for large groups
- Skills and drills working on footwork
- Doubles tactics and match play
- Serving with purpose
- Up to date rules and tactics

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



Gail Emms had a 13 year international career as a Badminton player, appearing for England 68 times. She was a double Olympian, winning a silver medal in Athens in 2004. She also won gold medals in World Championships, European Championships and Commonwealth Games, retiring from international Badminton after the Beijing Olympics. She was eleven times English National Champion, in mixed and ladies doubles, and was ranked Number One in the world in 2005. She was awarded the MBE for services to Badminton in 2009.

BOOKING



1 PLACE £209 2 PLACES £339

Conference runs 10am – 3.30pm. Price includes lunch, refreshments and course materials. Excludes VAT.



## BASKETBALL

### Introducing and Developing School Basketball

with Matthew Pitkin

Monday 5 February 2024 Gordon's School, Woking

This is an introductory course intended to enable teachers to understand the game, to teach Basketball lessons and to coach teams of lower ages and abilities. It is suitable for PE teachers without a background in the game and also those coaching school teams at lower ability levels. It will provide a range of skills and strategies, together with ways of practising and developing these with young players. Teachers will also be introduced to the Rules and the ways in which they can be applied confidently in the school setting.

- Introducing the game
- Developing the basic skills: footwork, dribbling and passing
- Shooting: lay-up, jump shot, free throw and improvised shots
- Skills, drills and practices
- Individual and team defence
- Game play ideas from 1v1 to 5v5
- Introduction to Rules and refereeing

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Matthew Pitkin** is currently coach of the London Lions Women's team. He was the former Women's Basketball Head Coach at Loughborough University and the Leicester Riders between 2009-2017; during this time, his teams won five national championships. He became the Great Britain U16 women's National Team Head Coach in 2017.



## LACROSSE

### Lacrosse Coaching and Umpiring for Beginners

with Asha Riley

Monday 2 October St Swithun's School, Winchester

This is a course for teachers that are new to coaching and umpiring Lacrosse, and for those that are looking to update their knowledge for the modern, 10-a-side game. It is especially suitable for teachers who have joined a Lacrosse-playing school and wish to make a contribution to coaching and umpiring. Participants will develop confidence to deliver modern, high quality coaching sessions, which are suited to younger and less experienced players. The course will also explain rules and signals, to provide a practical introduction to umpiring that will support teachers to be confident in officiating school matches.

#### Coaching

- Coaching fundamental lacrosse skills
- Tried and tested stick work practices
- Basic attacking and defensive principles and shapes
- Transitioning the ball quickly
- Foundational shooting technique
- Developing goalkeepers
- Match day essentials: line-ups, subbing rotations and team talks

#### Umpiring

- Practical umpiring of school Lacrosse
- Overview of key major and minor fouls
- Common fouls in beginners' Lacrosse
- Basic positioning for a 2-umpire match
- Becoming a qualified official through England Lacrosse

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Asha Riley** gained over 30 caps as an England Lacrosse, playing in the 2013 World Cup in Canada and also touring USA, Australia, and Europe. She now coaches at St Swithun's School and works with teams and players of all ages and ability levels. She coached the Berkhamsted 1st Senior team to become National Champions in 2019, Top 4 in 2020 and Runners Up in the 2022 competition. She is a forward-thinking coach with an infectious passion for the game and for developing young players.

# MÖVE60

## An innovative Key Stage 3 PE Curriculum to help teachers inspire a lifetime of active wellbeing



[www.move60.co.uk](http://www.move60.co.uk)

ICE EDUCATION

An ICE Education product



## CRICKET

## Introducing and Developing Girls' Cricket (with soft balls)

### with Charlotte Taylor

Tuesday 5 March 2024 Surrey Sports Park, Guildford

This course is aimed at teachers with little or no experience of playing or coaching Cricket, who may have recently started delivering the game, or are planning to do so for the first time. It will provide a sympathetic introduction to all the key skills and concepts. Teachers will be equipped to introduce batting, bowling and fielding to their students: they will come to understand how to operate, and officiate, a range of simple game types, including school matches. A variety of soft balls will be used.

- Setting up the batter: grip, stance, guard
- Starting the bowling action and run up
- Introducing batting shots for beginners
- Fielding skills: throwing, stopping and catching
- Developing batting drills and skills
- Managing equipment and choosing the right soft ball
- Practising through small-sided games
- Understanding the basic rules
- Umpiring and scoring in a pairs game

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Charlotte Taylor** is a professional player for Southern Vipers, who has also played for Southern Brave in The Hundred. She has played over 120 List A and T20 games, taking over 100 wickets and having a top score of 165 not out. She was 'Player of the Match' in the 2020 final of the Rachel Heyhoe Flint trophy, taking six wickets in the match.



## Moving on to Hard Ball Girls' Cricket

### with Charlotte Taylor

Thursday 14 March 2024 Bloxham School, Oxford

This course is suitable for teachers and coaches who have basic experience of coaching Cricket, and wish to introduce the hard ball game to some of their players. It is particularly aimed at schools seeking to run a hard ball girls' team with games against other schools, or in national competitions. It will provide a thorough introduction to all necessary considerations of equipment, facilities, techniques and tactics.

- Transitioning from soft to hard ball: when and how
- Understanding and managing equipment
- The technical foundations
- Safety considerations
- Batting shot development and selection
- Using specialist facilities: nets and grass squares
- Developing bowlers/ understanding the hard ball
- Small sided games for hard ball cricket
- The role of the wicketkeeper
- Tactics for girls' cricket
- Running between the wickets
- Playing the T20 game
- Fielding techniques and placement for hard ball games

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.

## Cricket Coaching and Umpiring for Inexperienced Coaches

### with Richard Skyrme

Friday 15 March 2024 Magdalen College School, Oxford

Friday 26 April Reading Blue Coat School, Berkshire

### Making Cricket Exciting and Fun

Cricket in schools has changed considerably in recent years. The game has become faster moving, and techniques have evolved. It is challenging its reputation as a dull and technical game, and coaching approaches have changed considerably. Teaching from previous eras is no longer relevant. This is a course for those who have little or no recent experience of playing or coaching the game, and for teachers wishing to modernise their approach. It will enable them to present an exciting game to children, and one in which everyone can achieve success. It is particularly suitable for those teaching both younger and lower ability pupils. The course provides all necessary technical information, but also illustrates how this can be delivered in an engaging way through exciting, fast-paced sessions. Practices to make the game accessible to all are combined with more advanced ways of stretching the more able.

It will also enable teachers to officiate confidently in school matches and practices.

- Making cricket exciting
- Engaging session starters
- Active batting practices
- Fielding techniques and games
- Building the bowling action
- Bowling variety: introducing spin, swing and seam
- Developing modern batting shots
- Small-sided games for cricket practice
- Understanding basic cricket strategy
- Imaginative net and square practices
- A simple guide to the laws of the game
- Practical umpiring in schools

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Richard Skyrme** was a minor counties cricketer, who taught and coached the game in schools for twenty five years. He was one of the first level 3 coaches in England. He is experienced in working with aspiring coaches who have little background in the game. He is the Performance Director and Development Officer for Herefordshire, and Head Coach of the county's team in the Minor Counties competition. He is also the Head Coach of Norway in the European Championship.



## British Gymnastics Courses for Teachers

These Awards are the recognised qualifications required to teach Gymnastics in schools. They are certificated by British Gymnastics.

### Introductory Level: Teaching Gymnastics to Key Stage Two (7–11 year olds)

**Monday 27 November** Guildford Spectrum, Surrey  
**Monday 26 February 2024** Guildford Spectrum, Surrey

This is a one-day course, which is a practical introduction to teaching Gymnastics. It is designed for teachers working with children at Key Stage Two. The course is certified by British Gymnastics, as Introductory Level Gymnastics. It is regarded as the required qualification for teaching Gymnastics to primary age pupils. No previous experience is required, neither is it necessary to be a qualified teacher. It is suitable for both specialist and non-specialists. For those with experience of teaching Gymnastics, the 2-day Intermediate course is advised.

- **Introduction:** Warm up and Shapes
- **Connection Skills:** stepping, spinning, jumps, turns, leaps and cartwheel
- **Rolling Skills:** log, egg, side, forward, backward, teddy bear
- **Balance:** points and patches, including headstand and handstand
- **Hand apparatus:** hoops, balls and ropes
- **Partner Balances:** working with partner and small groups



**1 PLACE £209**

Course runs 9.30am – 4.00pm. Includes British Gymnastics resource pack and certification, plus lunch and refreshments. Excludes VAT.



### Intermediate Level: Skills for Secondary Schools

**Tuesday & Wednesday 28–29 November** Guildford Spectrum, Surrey

**Tuesday & Wednesday 27–28 February 2024** Guildford Spectrum, Surrey

This course qualifies secondary teachers to teach gymnastics skills appropriate for Key Stages 3 and 4. Basic movements are developed into gymnastic skills on the floor and apparatus, with a constant emphasis on safe practice. This is suitable for teachers delivering Gymnastics to GCSE.

It is a two-day course, accredited by British Gymnastics, and is available to all teachers and adults other than teachers who work in schools. It meets all Local Authority, Academy Chain and insurance requirements for the teaching of gymnastics. All courses are delivered by BG qualified and approved Tutors, and include the Governing Body's extensive resource pack.

- **Body Management**
- **Basic floor skills (Part one)**
- **Basic floor skills (Part two)**
- **Flight (including rebound)**
- **Acrobatic gymnastics**
- **Partner/rhythmic gym**
- **General principles of support**



**2 DAY COURSE £349**

Course runs 9.30am – 4pm each day. Price includes British Gymnastics resource pack and certification, lunch and refreshments. Excludes VAT. **Note that a 50% deposit is payable on booking of a two day Gymnastics or trampolining course, and 4 weeks' notice is required for cancellation.**



**Gary Kirby** was a GB international gymnast. He is an International Performance Coach, and has coached medallists in both Olympic Games and World Championships. He was appointed men's Technical Director at the 2002 Commonwealth Games, and was subsequently Gymnastics Development Officer for Liverpool. He is one of Britain's leading Gymnastics judges, having officiated at World and European Championships and two Commonwealth Games.



## British Gymnastics Teachers' Award for Trampolining: Level One with John Beer

**Thursday & Friday 16–17 November** Guildford Spectrum, Surrey  
**Thursday & Friday 14–15 March 2024** Guildford Spectrum, Surrey

This Award is accepted as the industry standard qualification for teaching Trampolining in schools. It is only available to PE teachers (including those trained abroad) and to qualifying students. A DFES number is required at registration. Completion of the Award is widely recognised as qualification to teach the relevant skills in schools. Level One qualifies teachers to handle trampolines safely, and to teach basic skills up to, but excluding, somersaults. All courses are delivered by British Gymnastics qualified and approved Tutors and include certification and the Governing Body's extensive resource pack.

- **Safe handling of trampolines**
- **Safe coaching practices**
- **Principles of jump, rotation, twist and shape**
- **Jumping, stopping and shaped jumps**
- **Half and full twist**
- **Seat, hand and knees landings**
- **Twisting skills**
- **Half twist to front, back feet and seat landings**
- **Swivel hips**
- **Linking skills**



**2 DAY COURSE £349**

Course runs 9.30am – 4pm each day. Price includes British Gymnastics resource pack and certification, lunch and refreshments. Excludes VAT. **Note that a 50% deposit is payable on booking of a two day Gymnastics or trampolining course, and 4 weeks' notice is required for cancellation.**



**John Beer** was an International trampolinist before taking up a coaching career which produced two World and European Individual & Synchronised Champions. He was formerly Technical Director of British Gymnastics, National Trampoline Coach, and Great Britain coach at three Olympic Games.

## ATHLETICS

## School Athletics Masterclass with Dean Macey

**Friday 1 March 2024** Lee Valley Athletics Centre, North London  
**Friday 15 March** Brunel University, West London  
**Friday 26 April** ACS International School, Cobham  
**Friday 3 May** Tonbridge School, Kent

### Ensuring Progress in Track and Field Athletics

Track and Field Athletics is taught in most schools, and it is one of the most popular GCSE practical options. However, progress in the technical events is often limited. Dean Macey, one of Britain's all-time greatest Decathletes, shows how teachers can make these activities exciting, stimulating and challenging. He also illustrates how effective coaching can significantly improve student progress and competitive performances. His unrivalled expertise, entertaining delivery and breath-taking demonstrations make this a day to remember. This course is suitable for teachers and coaches of all levels of expertise, and will help those delivering Athletics at GCSE and A Level.



- Engaging warm up activities for young athletes
- Improving sprinting technique
- Effective sprint starts
- Teaching hurdle technique
- High Jump/Long Jump/Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosis
- Fault identification and correction
- Coaching for individual improvement
- Officiating school competitions

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Dean Macey** was England's leading decathlete for a decade. His first major triumph was a silver medal at the 1999 World Championships, which helped him win BBC Young Sports Personality of the Year. The following year he was fourth in the Sydney Olympics and followed that with a World Championships Silver Medal. He was again fourth in the Athens Olympics, before winning a Gold Medal in the 2006 Commonwealth Games in Melbourne. He has a personal best of 8603 points.

## DANCE



## Teaching Curriculum Dance in Key Stage Two with Eve Murphy

New

**Tuesday 27 February 2024** Dragon School, Oxford

Dance is often an area that teachers find challenging to teach. This course is a supportive, fun and engaging day that provides non-specialists with the knowledge, confidence and teaching ideas required to deliver a high quality Dance curriculum within PE lessons. It is also suitable for those leading extra-curricular clubs.

The emphasis of the course is on utilising modern, fun and creative approaches to Dance. This provides a vehicle for developing the whole child, through a focus on the physical, social, cognitive and emotional domains. It will be delivered through a combination of practical and theoretical work.

- National Curriculum requirements
- Dance content and purpose
- Structuring a Dance lesson
- Helping children create Dance ideas
- Developing ideas into lesson planning and progressive schemes of work
- From schemes of work into practical delivery
- Create your own SOW ready for use in school

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Eve Murphy** has over 20 years' experience in the Dance education industry. Previously a PE Teacher and School Sports Co-ordinator, she is now a content developer and training deliverer working with a wide variety of schools, universities and SCITTS.

## OUTDOOR EDUCATION

## National Conference for Leaders of Outdoor Education

**Tuesday 7 November**  
at Young Mariners Base, Lee Valley,  
Hertfordshire

This Conference will allow leaders of Adventurous Education to update their knowledge and widen their delivery capacities. Understanding and managing risk is always important, and is an ever-evolving area. Delegates will have the opportunity to better understand the adventure landscape, enhance practical skills and network with industry professionals in an inspiring environment.

### PROGRAMME

**Risk and Adventure**  
**Martin Chester,**  
ex Director of Training  
National Mountain Centre,  
Plas Y Brenin

**Running Open Boat  
Expeditions**  
**First Aid in the  
Outdoors**

**Climbing for GCSE PE**

**Plenary**

BOOKING



1 PLACE £209 2 PLACES £339

Conference runs 10am – 3.30pm. Price includes lunch, refreshments and course materials. Excludes VAT.

**padsis**  
Professional Association of  
Directors of Sport in Independent Schools

## Conference for Leaders of School a in Scotland

**Thursday 14 September at The Glasgow Academy**

BOOKING



1 PLACE £209 2 PLACES £339

Conference runs 10am – 3.30pm. Price includes lunch, refreshments and course materials. Excludes VAT.



## SEMINARS

## Educational Visits Co-ordinators Update Training

with Paul Bond

Thursday 16 November Leonardo Royal Hotel, Oxford

*Suitable for aspiring, new and existing EVCs wishing to update practices and policies*

This course is based on the National Guidance provided by the Outdoor Education Advisers' Panel (OEAP), by whom it is certificated.

Learning outside the classroom has always been an important component of education. The EVC's role is to help the school fulfil its Health and Safety obligations for off-site school visits by being involved in the planning and management of all educational visits. Safety management practice and procedures are ever-changing. The issues faced by School EVCs change over time and, although EVC training does not formally lapse, it is recommended good practice for EVCs to revalidate their award by attending update training. Many organisations include a three-year requirement for EVC revalidation. All OEAP Trainer delivered courses are inclusive of certification fees.

- Trips in a climate of heightened security and Health & Wellbeing concerns
- Safeguarding issues on educational visits
- Appropriate risk management procedures
- Homestays
- School policy documents
- Travel post Brexit
- Review of contemporary resources from DfE, HSE, DofE, AALS and other recent publications
- Learning outcomes from recent incidents
- What the papers say!
- Inclusion/exclusion of pupils on visits, inc Equalities Act
- Quality badges and selecting providers
- Training and monitoring of staff & visits
- Online approval systems
- Provision of high-quality outdoor education
- Scenarios and solutions
- Mini buses and other transport matters

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.

**SPORTS**  
COACHING ONLINE

[www.sportscoaching.online](http://www.sportscoaching.online)



## National Conference for Educational Visits Co-ordinators

Thursday 8 February 2024  
at Leonardo Royal Hotel, Oxford

Most schools have now resumed a full programme of trips, tours and visits, post-pandemic. Whilst being a significant feature of school programmes, they present challenges of regulation and compliance, all of which is frequently changing. The Educational Visits Co-ordinator has a responsibility to remain abreast of legislation, good practice and sector trends. This Conference will provide updates on all developments over the last year, as well as specific guidance on pertinent areas.



### Exchange Visits British Council

*An introduction to the British Council Toolkit for planning high quality exchange visits and other overseas trips and tours. This will include an anticipation of possible future border control easements*

*An update on opportunities and benefits*

### Using National Guidance Outdoor Education Advisors Panel

*DfE endorse National Guidance as the key resource for all educational visits planning. This session explains how to use it well, keep updated and promote good practice to visit leaders*

### External Provider Contracting

**Claire Mulligan,  
Partner, Kennedy's UK**

*Claire leads the travel and liability defence team at Kennedy's UK. She will provide an update on the travel insurance sector, including visits that involve external providers*

### Transport Paul Bond, OEAP

*There are changes afoot in driving licensing, as well as weight & trailer combinations and other implications. This session will examine how this is likely to affect the operation and management of school transport.*

### Snowsports English School Snow Sports Association

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Conference runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



## Seminar for Co-Curricular Deputy Heads with Richard Biggs

Thursday 29 February 2024 Leonardo Royal Hotel, Oxford  
Thursday 6 June Holiday Inn, Guildford

This seminar is intended to support newly appointed Co-Curricular Deputy or Assistant Heads – as well as teachers intending to apply for these roles this year. These are relatively new positions in schools. As a result, priorities and operating processes are often not yet firmly established. The course will look at the aims of the position, and the methods by which these can be pursued, and quality controlled, across the whole school. Frequently encountered frustrations with challenges will also be considered, alongside the various communication mechanisms and people management skills that are crucial to success.

- The role of the head of Co-curricular activity
- Defining the Co-Curricular programme
- Working with the Head and other school leaders
- Agreeing the success criteria
- Programme content and management
- Establishing aims and objectives
- Leadership and administration
- Managing the managers
- Leading parental engagement
- Staff recruitment
- Communication pathways and programme promotion
- Establishing priorities and refereeing the clashes
- Participation vs High performance
- Meritocracy v Democracy: the place of inclusiveness

BOOKING



1 PLACE £209 2 PLACES £339 3 PLACES £435

Course runs 10am – 3.30pm.

Prices include refreshments, lunch and resources. Excludes VAT.



**Richard Biggs** was Headmaster of King's College, Taunton for more than 10 years. He was previously Deputy Head at Lancing College. Throughout his career he maintained a personal involvement in a wide range of co-curricular activities, including music and sports coaching, to reflect his belief in the importance of these activities and the benefits they bring.

## SEMINARS

## Managing Staff in School Sport with Neil Rollings

**New**

**Thursday 16 November** Reading Crown Plaza East, Berkshire

This is a new seminar for Directors of Sport, Co-Curricular deputies and others whose responsibility includes managing, training and appraising sports staff. It will focus on establishing a sustainable workforce, that matches the requirements of the programme and is able to deliver consistent pupil outcomes. The day will also focus on managing some of the issues that the school sport sector is facing in staffing its programmes.

- Establishing the staffing requirements of the programme
- Building the right workforce mix for your environment
- Creating a staff culture
- Leading through 360 degrees
- The place of the peripheral workforce
- Graduate assistants and peripatetic coaches
- Specialists v generalists
- Rewarding co-curricular sport contribution
- Challenges of school teams
- Challenges in addition to school teams
- Managing Saturday sport
- Induction, accountability and appraisal
- Future-proofing school sport

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Neil Rollings** was Director of Sport in four independent schools, over a 21-year career. He was Chairman of HMC NE Games Masters' Conference and an Independent Schools Inspector. Neil now works with schools in UK and overseas, developing sports programmes and appointing Directors of Sport. He is member of the RFU Schools' Partnerships Group, contributor to the Government Task Force on the Future of PE, member of the All-Party Parliamentary Group on a Fit and Healthy Childhood. He is Chairman of the Professional Association of Directors of Sport in Independent Schools, and Course Director of the University of Buckingham MA programme in Leading School Sport.

**JOBS  
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## Managing Contemporary Issues in School Sport with Neil Rollings

**Tuesday 21 November** Holiday Inn, Guildford  
**Tuesday 11 June 2024** Reading Crown Plaza East, Berkshire

### For Experienced Directors of Sport

This new seminar is aimed at current, experienced Directors of Sport, who are seeking to future-proof their programme. It will address all the challenges of contemporary school sport, and investigate ways in which provision can be made more relevant, inclusive and engaging. It will consider changing trends, the emergence of new activities, workforce issues and the management of a diverse range of parents and colleagues.

- Compulsory experiences of sport in schools
- Introducing and managing choice
- Retention in traditional games
- The team games programme of the future
- Maintaining high performance
- Innovative approaches to competition
- Meaningful variety in physical activity
- What does co-educational school sport mean?
- Operating senior games afternoons with large numbers
- The coaching workforce of the future
- Managing and appraising heads of sport

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.

## Defining Success in School Sport with Dr Cath Bishop

**Monday 20 November** Holiday Inn, Guildford

The shifting landscape of school sport has challenged assumed success criteria. This seminar will consider, in some depth, how success can be defined, agreed and communicated. It will also look at the process of leading cultural change, and winning commitment to a broader way of defining ways of succeeding in school sport.

- Evaluating success criteria
- Considering the Long Win in school sport
- Planning a process of cultural change
- Managing expectations of parents and heads
- Leading your team towards a new future

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



**Cath Bishop** is a triple Olympian rower, who won a silver medal in the 2004 Games. She went on to be a diplomat, specialising in conflict resolution, including negotiating peace in Bosnia. She currently works with Judge Business School at the University of Cambridge, and other organisations on leadership, cultural change and building high performing teams. She is the author of *The Long Win*.



## Conference for Co-Curricular Deputy Heads

**Wednesday 22 November**  
**at Hilton London Olympia**

Full programme to be announced.

BOOKING



1 PLACE £209 2 PLACES £339

Conference runs 10am – 3.30pm. Price includes lunch, refreshments and course materials. Excludes VAT.





## The Director of Sport in a Prep School with Neil Rollings

Friday 17 November Leonardo Royal Hotel, Oxford  
Tuesday 18 June 2024 Hilton London Olympia, Kensington

Sport in the prep sector faces its own unique challenges. This seminar aims to address these, and is suitable for teachers leading sport in these schools as well as those who aspire to do so. With pressures for both inclusivity and competitive success, the Director of Sport faces significant challenges in compiling a programme to meet all expectations. Parents can be intrusive, and resources often limited. This course considers the practical issues faced by prep school sport, and presents possible strategies and solutions.

Also available as a two part webinar on Thursday 22 & Thursday 29 February 2024.

- What makes prep school sport successful ?
- The Director of Sport as a 360-degree leader
- Linking PE programmes with sport
- What does "Sport for All" mean?
- Should team games be compulsory?
- Stimulating engagement in less able pupils
- Establishing a foundation of physical literacy
- Clarifying and communicating priorities
- Identifying the best competitive programme
- Quality controlling teaching
- Performance and participation
- Meeting parental expectations
- Balancing performance with inclusivity
- The six outcome PE and games programme
- Building a communication strategy

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.

WEBINAR



INDIVIDUAL £120

Two part Zoom webinar 7pm to 8.30pm consecutive Thursdays. Recording available for 48 hours. Price excludes VAT.

## Developing and Managing a Sports Scholarship Programme with Paul Askew

Monday 6 November Leonardo Royal Hotel, Oxford

The place of Sports Awards has changed considerably in recent years. Most schools have some type of programme, but they vary considerably in effectiveness. Many are unclear what they are trying to achieve. The most able pupils are in great demand, and are often considering several possible schools. There has been a shift of emphasis away from simple fee discounting to supporting and developing performers.

This seminar looks at the entire process of building an industry-leading programme, encouraging applications, running a selection mechanism based on the science of talent identification and then optimising the contribution of Award holders once they are in the school.

This seminar is intended for schools who currently operate an Award programme, but wish to improve its impact – as well as those seeking to establish one for the first time.

- Advantages and disadvantages of sports awards
- Overcoming objections
- What are you offering?
- How important is money?
- Promoting your awards
- Finding candidates: beating the competition
- How many candidates should you have?
- Generating publicity materials
- Communicating with parents
- Running the selection process
- What does science say about Talent Identification
- Managing disappointment
- Optimising contribution and developing award holders
- The Award programme in the school

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.



Paul Askew was Director of Sport in two schools for a total of 30 years. Whilst at Clifton College, he developed an innovative Sports Scholarship programme which attracted pupils from a wide catchment area, and contributed to a significant rise in competitive standards. He spent the final few years of his career working in Admissions and prep school liaison.



SAVE THE DATE

## National Conference for Directors of Sport in Independent Schools

Thursday & Friday 7–8 March 2024  
at Leonardo Royal Hotel, Oxford

**padsis**  
Professional Association of  
Directors of Sport in Independent Schools



## The Director of Sport in an Independent School with Neil Rollings

Thursday 23 November Hilton London Olympia, Kensington  
Monday 17 June 2024 Leonardo Royal Hotel, Oxford

This is a long running and popular seminar, which is intended for recently appointed Directors of Sport, and those who intend to apply for these roles in the near future. It focuses upon the shifting landscape of school sport, how this has impacted upon this position and what schools are now looking for in their appointments. The course seeks to clarify the success criteria of the role, and considers the leadership skills required to achieve these. It will also consider contemporary issues in the subject, and how these can be managed for the future.

- Why does a school need a Director of Sport?
- Becoming a 360 degree leader
- Leadership, management and administration
- Establishing aims and goals
- Building structures and systems
- Satisfying parental expectations
- Improving communications
- Dealing with difficult colleagues
- Working with your head
- Creating the games programme
- Participation v performance
- Choice v compulsion
- Quality and equality
- Building a culture of Health and Fitness

BOOKING



1 PLACE £209 2 PLACES £339

Course runs 10am – 3.30pm.  
Prices include refreshments, lunch and resources. Excludes VAT.

## ONLINE COACHING

Training webinars provide an unintrusive CPD opportunity for teachers. Each course will be run live, with the opportunity for interaction, on the dates indicated. Participants, and those unable to attend live, will be provided with access to the recording for another 48 hours. Most of these sessions, and many more, are available on demand on [www.sportscoaching.online](http://www.sportscoaching.online)

All live sessions begin at 7.00 pm



### Planning INSET?

Whether you need a practical course to update staff on new techniques and approaches, a keynote speaker or a team builder to work with your sports staff to improve efficiency, we will be able to provide industry leaders to meet your needs.



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 015395 60060

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 IN SEPTEMBER**



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 10%  
 OFF**

\*Early Bird Discount does not apply to British Gymnastics and Trampoline courses

## PRIMARY PE

### PE In The Early Years with Lesley Minervini

**Monday 20 November** Zoom Webinar

This course is aimed at developing teacher knowledge around the importance of movement to young children.

It will provide an understanding of the relationship between physical development and social, cognitive and language education. Participants will be equipped with a wide range of activities, games and play environments through which pupils can develop, within a planning framework which enables all children to succeed.

- The place of Physical Development in Early Years
- Understanding the ways physical development underpins other areas of the Early Years Curriculum
- The importance of movement to young children
- Promoting purposeful play
- Practical ideas for teachers to deliver high quality movement education
- Developmentally appropriate activities which enable children to reach their potential in PE
- Developmentally appropriate activities which enable children to reach their potential in PE



**INDIVIDUAL £65 SCHOOL £130**

*Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.*



**Lesley Minervini** has over 25 years of experience working in education, and has worked with teachers throughout the world. She has authored many resources and courses including – Start to Move cards, Healthy Movers Take Home Pack, Purposeful Playtimes and PE Underpinning Achievement. She is the tutor trainer for British Athletics officials and officiates in Athletics around the world.



### PE in Key Stage One with Lesley Minervini

**Monday 27 November** Zoom Webinar

As children progress from Early Years settings into Key Stage One, the development of physical literacy is a priority. It is the foundation of future success in physical education and sport, as well as a central foundation of confidence, self-esteem and social skills. This webinar is suitable for both specialist and non-specialist teachers: it will provide a broad understanding of fundamental movement alongside a wide range of activities, skill practices and games through which these vital qualities can be developed in all children.

- Understanding physical development in Key Stage One
- Establishing a foundation of physical literacy
- Developing Fundamental Movement Skills in all children
- Analysing movement abilities and games skills
- Outstanding lesson content
- Developing the concepts of strategy and tactics alongside physical skills



**INDIVIDUAL £65 SCHOOL £130**

*Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.*

## NETBALL

### Understanding the Shooters and the skills they need to develop

**with Karen Greig,  
 Head Coach, Manchester Thunder**

**Wednesday 8 November** Zoom Webinar

This Online Netball Masterclass is intended for coaches of school teams. It will illustrate how shooters should work effectively in and out of the circle, ensuring dynamic movement, distribution and being aware of the triggers to get them in the right place to maximise their influence on the game.

- Goal shooter middle
- Trigger movements
- Goal scoring and goal attack connections
- Goal attack entry
- Front and back cuts
- 1 on 1
- Overloading
- Shooter to Shooter ball

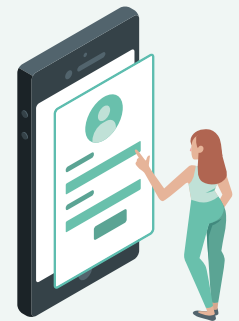


**INDIVIDUAL £65 SCHOOL £130**

*Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.*

### Sign up for our free professional newsletter

The ICE Newsletter is published fortnightly in term time. It provides a range of articles and information on issues surrounding PE and School Sport. It is completely FREE



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[www.ice-education.co.uk](http://www.ice-education.co.uk)**



## A Dictionary of Effective Drills for Netball

with **Karen Greig**,  
Head Coach, Manchester Thunder

Wednesday 24 January 2024 Zoom Webinar

This new and unique webinar will present a comprehensive and inspiring sequence of proven drills and practices to develop all areas of Netball skills. Together, they will improve skills in ball handling, quick decision making, attacking and defence movements, as well as increasing possession under pressure. These drills are relevant to all ages and abilities and will ensure that teachers and coaches have a range of contemporary content for the new school season.

- Varieties of ball handling practices
- Individual, pair and group drills
- Including decision making within skill practices
- Increasing Possession under pressure
- The importance of Repeatability

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



## Umpiring School Netball

with **Karen Greig**,  
Head Coach, Manchester Thunder

Monday 9 October Zoom Webinar  
Wednesday 22 November Zoom Webinar  
Monday 15 January 2024 Zoom Webinar

Umpiring school matches can be a forbidding prospect for inexperienced coaches. This course aims to build confidence in school Netball umpires, enabling them to officiate school matches safely and competently. It will address recent rule changes as well as explaining basic rules that apply when umpiring the game in schools.

- Major rules and penalties
- Use of the whistle
- Umpire signals, communication and positioning
- Effective umpiring at school levels; applying empathy
- Pre-game processes and scoring the match
- Interpreting difficult situations

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Karen Greig** is the current Head Coach and Franchise Director of Manchester Thunder, who were Superleague Champions in 2019 and 2022. She is a former captain and Superleague winner with the same team, and was the 2018 and 2022 Superleague 'Coach of the Year'. Karen won 40 England caps as a Goal Shooter, and was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21. She is also a Sky Sports Expert Summariser.

## Coaching Skills and Strategies for Netball

with **Tamsin Greenway**,  
Head Coach Scotland

Tuesday 5 December Zoom Webinar

New

This is a course for teachers with some experience in coaching Netball, who wish to incorporate up to-date attack and defence skills and strategies into their coaching. It is particularly suitable for coaches of the game from Under 12 to Under 18 level. A range of innovative practices will be presented on video, enabling teachers to approach their coaching feeling confident that their sessions will be exciting and effective.

- Fundamental attacking and defensive skills and movements
- Attacking principles in all positions
- Understanding attacking play and consistency in the end third
- Defensive themes in all positions
- Common defensive structures exploring how the unit works together to create a turnover

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Tamsin Greenway** is the current head coach of the Scotland National Netball team, leading the team at the 2023 World Cup. She was a member of the England teams that won bronze medals at the 2010 Commonwealth Games and at the 2011 and 2015 Netball World Cups. Between 2006 and 2018 she played in eight Netball Superleague grand finals for three different teams – Team Bath, Surrey Storm and Wasps. During this time she won five Netball Superleague titles as a player and/or coach and a sixth as a Director of Netball. Tamsin works as a Netball pundit for Sky Sports.



## Netball: The Defensive End

with **Tamsin Greenway**,  
Head Coach Scotland

Tuesday 30 January 2024 Zoom Webinar

This webinar will focus entirely on the game in defence. Coaches will come to understand the complexities of individual and team defence from elite Netball, and how these can be applied at school level. It will include extensive video analysis, as well as interactive discussions around team defence, presenting ideas for effective defensive sessions. It will also consider how these change, and become relevant at a range of levels and abilities within the school game.

- Focusing on the end third
- Common defensive structures
- Individual skills and movements
- Making individual players more effective
- Ensuring that the unit works together
- Creating turnover ball
- Discussions: effective defence and the fundamentals needed

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

SWIMMING

### Modern Swimming Teaching in Schools

with Amy Smith and Joe Roebuck

Thursday 16 November Zoom Webinar  
Thursday 14 March Zoom Webinar

This course will provide modern content to enable teachers to improve swimming lessons. It is suitable for teachers of swimming classes, and coaches of competitive swimmers. It will present extensive video analysis of each stroke, showing skill progressions and common mistakes. Teachers will be equipped to better understand effective techniques, diagnose faults and provide corrective practices.

- Techniques of the major strokes
- Full technical breakdown
- Common mistakes
- Deconstructing Techniques
- Starts, Dives and turns
- Benefit of Swimming aids



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Amy Smith** competed in the 2012 London Olympics in the 50m freestyle. She has participated in three Commonwealth Games, winning silver medals in each. She is European Championships Gold medalist and World Championships finalist.



**Joe Roebuck** competed in three events in the 2012 London Olympics. He took part in the Commonwealth Games of Delhi and Glasgow, winning two silver medals. He is a ten time British champion, and holds both British and Commonwealth records.

**SPORTS**  
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www.sportscoaching.online



### Introducing Children to Swimming: From Non Swimmer to 25 metres

with Katie Towner

Monday 13 November Zoom Webinar

This is a course for teachers of non-swimmers, and children learning to swim. Through extensive video analysis, this session will offer a breakdown of the components of modern learn to swim coaching techniques, as recommended by Swim England. This will enable teachers to be confident that their lesson content is both effective and contemporary.



- FUNDamental movement skills
- Overcoming hesitancy
- Core aquatic abilities
- Basic introduction to the swimming strokes
- Choosing and using the most effective equipment
- Lesson planning
- Pool communication skills



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Katie Towner** is the Head of the Learn to Swim Department at Swim England, and a course tutor for all NGB coach education courses. She has been heavily involved in the development of the UK's world-leading 'Learn to Swim' programme, and has built innovative products and resources to support swimming teachers in this country and throughout the world.

BASKETBALL



### Coaching Basketball in Schools

with Alan Keane

Monday 4 December Zoom Webinar

Most schools include Basketball in their programmes. This course is designed for school coaches looking to refresh and improve their coaching. It is also suitable for PE teachers delivering Basketball classes. A range of Basketball activities will be shared through video analysis, diagrams and explanations. A competency checklist for technical, tactical and physical development for 12-18 years will be included, alongside relevant style of game and principles of play for each age and stage.

- Modern technique practices
- Drills for team practice
- Individual and team strategy
- Coaching different styles of play
- Principles of play
- Technical, tactical & physical development



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Alan Keane** is currently the Head Coach of Great Britain and England U20, having previously been the Head Coach for GB U16 and U18. He has led GB teams into nine European Championship. Domestically, he is the JMA Basketball Academy Head Coach, as well as Reading Rockets Senior Head Coach. Alan is a former teacher.

RUGBY

### Beginners Rugby Coaching with Dan Cottrell

Monday 13 November Zoom Webinar

This is a course for teachers involved in delivering rugby coaching, and refereeing matches and practices for the first time. It will also provide a refresher for teachers coaching the game under new tackle laws. It will focus on the practicalities of organising a coaching session, and introduce a range of techniques and ways to practice them. The emphasis is on modern techniques and simple, imaginative practices. This will include key laws.

COACHING

- Understanding and coaching core skills
- Building the skill set for young players
- The contact area and ways to practise it
- Safe scrummaging
- Designing practices quickly that match your needs and your team's needs
- Engaging players of all abilities in the session

REFEREEING

- Applying the law in school matches
- Ensuring safe procedures at scrum and ruck
- Managing the game through communication
- When and why to blow the whistle – and when not to



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.





## Coaching and Refereeing New Rules of Play: Under 9 to Under 12

with Dan Cottrell

Thursday, 5 October Zoom Webinar

This is a specialist course for teachers in the prep sector, who are involved in coaching Rugby under New Rules of Play. It will explain how these Rules develop at each age group, and the implications for refereeing school matches at various stages. There will also be a focus on coaching the game in the school setting, to enable players of all ages and abilities to overcome apprehension and learn to enjoy developing skill and evasion. It will also enable teachers to be confident that they are delivering the game safely, with an emphasis on contemporary coaching of the tackle, contact area and scrum.

- Understanding the developmental framework
- Clarifying the Rules at each age group
- Coaching core skills to young players
- Focusing on skill and evasion
- Building confidence in contact
- Addressing the safety issues: tackle, scrum and ruck
- Refereeing school matches to enhance continuity and enjoyment
- Establishing a positive match environment

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



## A Dictionary of Skill Drills for School Rugby Coaches

with Dan Cottrell

Thursday 9 November Zoom Webinar

All coaches need a repertoire of new practices to keep their players challenged and interested. This course will provide an extensive range of video-illustrated skill drills to enable school Rugby coaches to ensure their sessions are exciting, contemporary and safe. From simple techniques to game-related skills and pressure practices, all areas of the game will be covered to provide coaches of all levels of experience with a season's worth of practice content.

- Tackling and being tackled
- The contact area
- Handling
- Decision-making
- Attacking options
- Foundations of defence
- When and why to blow the whistle – and when not to

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Dan Cottrell** is a Rugby coach and author, who specialises in producing innovative coaching content for age group coaches of all levels of experience. His newsletter "Rugby Coach Weekly" is read by 100,000 coaches worldwide, and is supplemented by a range of other resources. Dan played first class rugby for Bristol and Bath and was Head of Rugby at Cranleigh for six years.

## Contact and Set-piece from the Ground Up

with Dan Cottrell

Tuesday 3 October Zoom Webinar

New

This course seeks to ensure that all coaches can deliver safe, contemporary and technically accurate sessions on the contact area and set-pieces. It will provide practical, simple solutions to reduce complexity for players, including easy-to-setup activity ideas and session plans to implement in training immediately.

- The upside-down triangle approach to contact programmes
- Make best use of your 15 minutes a week of full-contact training
- Simple strategies that will transform scrum training
- Scrum training that transfers across the game
- Build lifting and jumping into your warm-ups
- Start lineouts before they start lineouts

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

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## Tackle Technique: Building safe and Effective Tackle Habits Along with Defensive Structure

with Geoff Parling

Thursday 28 September Zoom Webinar

Forthcoming changes in tackle laws are one of the most significant changes in the game of recent years. This will present new challenges for coaches of all ages and abilities of players, including the need to ensure both safety and effectiveness. Through presentation, video analysis and discussion, this session will illustrate how to coach a safe and effective tackle technique as well as understanding modern day defensive structure.

- Breaking down the tackle
- Implications of law changes
- Effective and safe techniques
- Changes that must be implemented
- Team defensive structure
- Ball winning defence
- Set piece mind-set – getting buy in when no one can see the effort

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Geoff Parling** has coached the Melbourne Rebels in Super Rugby, Australia A in the Pacific Nations Cup and the Wallabies. Geoff played 29 times for England, as well as being selected in all three Tests on the British and Irish Lions tour to Australia in 2013. Additionally, he played over 300 professional games within the English Premiership for Newcastle, Leicester and Exeter.

HOCKEY

We are pleased to be partnering with MT13 in the delivery of this term's Hockey courses.



**Team Defence: How to Stop Conceding Goals!**




with Matt Taylor

Monday 2 October Zoom Webinar  
Monday 29 January 2024 Zoom Webinar

This course looks at the in-depth analysis of how University of Nottingham went from conceding an average of 4 goals a game in phase one of the National Premier League to 1 goal a game in phase 2.

This is a real life case study in how simple changes in approach can have significant impacts on the number of goals conceded – and therefore games won

- Point of the turnover
- Circle Conditions
- Type of goal
- Learnings
- Primary Error and Secondary Error

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**EARLY BIRD DISCOUNT FOR BOOKINGS IN SEPTEMBER**



\*Early Bird Discount does not apply to British Gymnastics and Trampoline courses




**Hockey Coaching for Beginners with Matt Taylor**

Thursday 12 October Zoom Webinar  
Thursday 9 November Zoom Webinar  
Thursday 1 February 2024 Zoom Webinar

This course is for teachers who are new to coaching Hockey in schools. It covers the basic skills and strategies for the 7-a-side Mini (Into) Hockey game as well as the full 11-a-side game. It will provide an introduction to coaching techniques for individual player development, and tactical considerations to create an effective team. With extensive video illustration, it will equip novice coaches with the skills, knowledge and understanding to conduct safe and inspiring coaching sessions, and to run lower ability school teams.

- Core skill development practices
- Developing the principles of the self-pass
- Progressing to more advanced skills
- 20 fun-based training drills to develop both attacking and defending techniques
- Developing an understanding of team play through games
- Coaching a school team

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

**Penalty Corner Attack: Understanding The Most Effective Strategies**




with Matt Taylor

Monday 6 November Zoom Webinar  
Wednesday 31 January 2024 Zoom Webinar

Improving penalty corner strategy is the most effective thing school teams can do to This course provides an insight into the most successful routines for Attacking Penalty Corners. We look at numbers of players in attacking positions and their roles and responsibilities in each routine. We break the corner down to the individual elements and how you can counter act defensive strategies.

- Improving the component parts – Injection, Trap and Flick
- Moving castles
- Single and double castle
- Deflections and worked moves
- Follow up patterns

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.




**A Dictionary of Effective Drills for Hockey**

with Matt Taylor

Thursday 16 November Zoom Webinar

Coaches need to constantly refresh their repertoire of practices, and be confident that these are both effective and contemporary. This course looks at the most effective drills for introducing core and skills and building these into more advanced techniques. It will also introduce tactical considerations through drills that younger players can develop all areas of the game.

- Static and Active Receipts
- Elimination; Both on the floor and in the air (3d)
- Passing on the Open and Reverse Stick
- Effective Ball Carry
- Eliminations; On the receipt

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Matt Taylor** is Head Coach of Nottingham University, multiple winners of BUCS Gold medals. He was previously Head Coach of Beeston HC in the men's National Premier League, winning three Championships between 2010 and 2014. He is a former England international, and won several Premier League titles with Cannock HC.

**JOBS IN SPORT**

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**HOCKEY**

**Umpiring School Hockey with Matt Taylor**

Wednesday 4 October Zoom Webinar  
 Wednesday 8 November Zoom Webinar  
 Monday 5 February 2024 Zoom Webinar

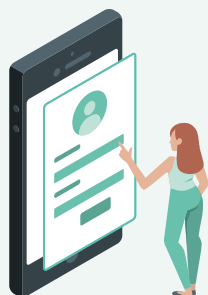
This course is aimed at teachers and coaches who are required to umpire school games at U11 to U-15 age groups. It seeks to provide them with knowledge both of the rules and also of their practical application in a school setting. There will be extensive video illustration, to ensure that participants can be confident of their capacity to officiate matches.

- Basic rules, and how to apply them in a school context
- Maximising advantage
- Applying the foot rule
- Officiating the penalty corner
- Increasing continuity and enjoyment through communication
- Differences between 7 and 11-a-side school Hockey

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

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The ICE Newsletter is published fortnightly in term time. It provides a range of articles and information on issues surrounding PE and School Sport. It is completely FREE



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**Transitions into Possession**


**New**

with Matt Taylor

Wednesday, 11 October 2023 Zoom Webinar

Majority of open play goals are scored in transition moments – The Counter Attack, following a turnover in possession. This course looks at those moments through extensive video illustration. It will also include a focus on what teams need to do to maximise these opportunities

- Identifying transition opportunities
- Priorities for early ball movement
- Roles of players in the ball channel, help channel and ahead of the ball
- Decision making for the ball player
- Passing vs carrying vs dribbling

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.




**GYMNASTICS**

**Gymnastics in Schools at Key Stage 2 and 3 with Gary Kirby**

Tuesday 7 November Zoom Webinar  
 Thursday 1 February 2024 Zoom Webinar

The course aims to develop the teacher's knowledge and understanding of core gymnastic skills, activities and fun games, discussing clear progressions and development of key skills delivered in Key Stage 2 and 3. Through substantial video analysis, this course covers the teaching of all basic gymnastic movements. This includes a constant emphasis on establishing good technique and safe practice.

- Traveling: Stepping, spinning, leaping and cartwheel
- Jumping: With shapes and with turns
- Rolling: Log, egg, side, teddy bear, forward and backward
- Balance: Small/Large body parts, including Headstand and Handstand

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.




**Progressing Gymnastics Skills with Gary Kirby**

Tuesday 21 November Zoom Webinar  
 Thursday 8 February 2024 Zoom Webinar

This is a more advanced course is aimed at teachers who are working with key stage 2,3 & 4 children, and have some experience of teaching gymnastics. Extensively illustrated by video of coaching stages and performances, this session develops basic movements to include sequence building, partner balances and vaulting. It also highlights modern coaching techniques and recent changes to safe practice.

- Sequence Building: constructing routines for floor and apparatus
- Partner balances: working with a partner and in different group sizes
- Vaulting: using the spring board, safe landing
- Squat on/off, squat through, straddle over vaults
- Developing handspring

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Gary Kirby** was a GB international gymnast. He is an International Performance Coach, and has coached medallists in both Olympic Games and World Championships. He was appointed men's Technical Director at the 2002 Commonwealth Games, and was subsequently Gymnastics Development Officer for Liverpool. He is one of Britain's leading Gymnastics judges, having officiated at World and European Championships and two Commonwealth Games.

DANCE



### Dance in the Primary Curriculum with Eve Murphy

Tuesday 21 November Zoom Webinar

This course is designed to give teachers of primary dance the confidence that they can deliver meaningful lessons, and ensure pupil progress. It will provide an understanding of the place of Dance within the primary curriculum, and outline a range of content and practical approaches to support both specialist and non-specialist teachers of this age group.

- Engaging children in Dance
- Understanding the content of a Dance lesson
- Structuring schemes of work for Dance
- Linking Dance with the wider curriculum
- Delivering outstanding Dance lessons
- Themes, topics and inventive content



**INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Eve Murphy** has over 20 years' experience in the Dance education industry. Previously a PE Teacher and School Sports Co-ordinator, she is now a content developer and training deliverer working with a wide variety of schools, universities and SCITTS.

### Dance in the Secondary PE Curriculum with Eve Murphy

Tuesday 28 November Zoom Webinar

Dance teaching can be a subject area in which teachers lack confidence. This is a course to support teachers of secondary PE to deliver curriculum Dance lessons. It aims to enable them to overcome apprehension, and become confident that they can deliver effective lessons to the younger secondary age groups. It will include a range of content, as well as strategies for engaging all pupils within Dance.

- Dance in the secondary PE curriculum
- Overcoming reservations
- Understanding Dance principles
- Engaging all pupils in Dance
- The place of mixed Dance lessons
- Delivering outstanding lessons
- Lesson content for a coherent unit of work



**INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

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PHYSICAL EDUCATION

### Improving Outcomes in GCSE PE with Tony Corcoran, GCSE Simplified

Tuesday 21 November Zoom Webinar

Command words are king

This is a course suitable for teachers of the following exam boards: Edexcel, AQA, OCR and CIE iGCSE. It will focus on the issues surrounding the taxonomy of command words, and the challenges which students face answering exam papers. It will consider the most popular command words used by each board and what teachers can do to enable their students to be more successful in exams

- Identifying command words
- Understanding examiners' expectations
- Preparing students to answer written papers
- Improving exam marks through better understanding requirements



**INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

### Analysis of Chief/Principal Examiner Reports for GCSE PE with Tony Corcoran, GCSE Simplified

Thursday 8 February 2024 Zoom Webinar

Suitable for teachers of the following exam boards: Edexcel, AQA, OCR and CIE iGCSE. This session will analyse the Examiner reports for GCSE PE across all boards. It will identify trends and weaknesses in student performance. This will enable schools to better plan deliver and revision strategies for the current year's candidates

- What is the Examiner really saying?
- Applying lessons from last year's Examiner reports
- Implications for future candidates
- Planning more effective revision strategies



**INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

New



### Edexcel GCSE PE: Improving Student Performance in Papers One and Two with Tony Corcoran, GCSE Simplified

Tuesday 27 February 2024 Zoom Webinar

This is a course for teachers of Edexcel GCSE PE. It will enable them to better prepare their students for success in the written exam papers, by linking teaching strategies more closely with exam requirements. It will enable teachers to better support students in extended writing and plan more successful programmes of revision.

- Understanding strengths and weaknesses of student responses in previous years
- Teaching theory content practically
- Improving student engagement
- Extended writing success: strategies to move students into MB3
- Planning successful revision



**INDIVIDUAL £65 SCHOOL £130**  
Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.





## Recruit Graduate Coaches

Demand for graduate sports coaches in schools is five times greater than only four years ago. Finding, and retaining, the best people is more difficult than ever. High quality, enthusiastic young people are still available to work in schools, usually on a resident basis. We can find them for you.

We have more than fifteen years' experience working with schools to recruit graduate assistants. Many go on to complete teacher training in post. Our relationships with leading universities, National Governing Bodies and professional sports organisations provide access to the highest quality people.

All recruitment is on an no appointment, no fee basis; you have nothing to lose.

“I applied for a graduate role after finishing university through Dan Scargill at Independent Coach Education, back in 2009. I was guided through the whole interview process and secured a Sports Graduate role. It was a year I loved! I am now a Director of Sport in an Independent school and recruit graduates through ICE. I could not recommend this recruitment service highly enough.”

**Sarah Parkinson-Mills,**  
Director Of Sport, Kings High Warwick



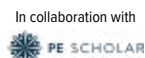
**CONTACT DAN SCARGILL**  
[dan@ice-education.co.uk](mailto:dan@ice-education.co.uk)  
**015395 60060**

## PHYSICAL EDUCATION

### Teaching High Quality Examination PE with Will Swaithe

Thursday 9 November Zoom Webinar

Examination PE is often a challenging subject to teach, owing to the significant theoretical content requirements alongside an expectation to perform well in a variety of team/ individual sports. The reality in many schools is the requirement to teach a mixed ability, mixed gender and very mixed needs/ motivations class who have very different starting points and future interests. This webinar is aimed at teachers of all examination PE, including GCSE, A Level, BTEC and Cambridge Nationals. It will present current best practice in terms of teaching, learning and assessment strategies.



- Understanding the landscape of examinations in PE and Sport
- Review PE/ Sport qualification marketplace at level 2 and level 3
- Improving the strategic approach to examination PE
- Applying the best teaching, learning and assessment strategies
- Getting the best results for all students
- Take away 10 top tips for effective teaching and learning in PE

BOOKING

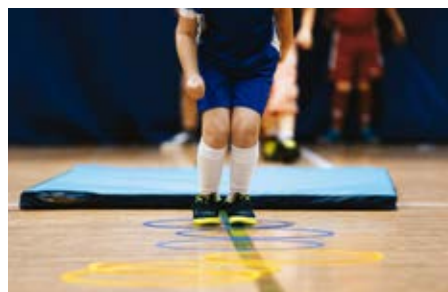


INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Will Swaithe** is an experienced teacher, teacher educator and leader of teaching and learning. With over 20 years' experience in education, Will became an Advanced Skills Teacher in 2006 and has been innovating curriculum design ever since. Previously Head of Physical Education and Achievement for Youth Sport Trust, Will now leads the secondary PGCE programme at Birmingham City University and is also Education Director at PE Scholar.



### Edexcel GCSE PE: Improving the NEA with Tony Corcoran, GCSE Simplified

New

Monday 5 February 2024 Zoom Webinar

This course is suitable for teachers of Edexcel GCSE PE. It will focus on the practical moderation and the PEP, to enable teachers to better support students to score more highly in these components of the exam. It will explain what teachers need to do to get their students into the higher mark bands in the PEP as well as ways of structuring the practical moderation to best effect.

- Understanding the practical components
- Setting up a successful moderation session
- Skills in isolation
- Dos and donts of practical assessment
- Getting into the top mark bands for the PEP
- Ensuring accurate assessment
- Common mistakes to avoid



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

**Tony Corcoran** is the founder and author of 'GCSE Simplified', PE revision guides that are used in 26 countries by more than 1600 schools. He is a former Head of PE and Senior Examiner for a major examination board. He has 20 years' experience teaching exam PE, and been involved in the delivery of GCSE training, in UK and overseas, since 2015.

### Becoming A Successful Head of PE with Will Swaithe

Wednesday 8 November Zoom Webinar

This course is designed for aspiring and newly appointed subject leaders of Physical Education. It aims to equip them with the with the knowledge and skills to be effective in that position, and to achieve outstanding outcomes for their students. The programme is based on the latest research, inspection requirements and innovations in the subject. Having a clear picture of what a great practical PE lesson looks like is essential to standardising practice and ensuring the needs of all students are met. This will be supported by templates and case studies to map out coherent learner pathways that are much more than a 'basket of sports'. Various examination options will be considered, including GCSE, A level and vocational courses, together with their place in the curriculum pathway.

- Creating a clear vision for successful PE
- Clarifying the features of high-quality PE
- Understanding 'outstanding'
- Distinguishing PE from sport, games and broader education outcomes
- Understanding leadership and management to build a successful PE department
- Mapping out a well-sequenced learner journey appropriate to your context
- Using a theory of change model to plan for action and change
- Understanding examinations in PE and Sport

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

**JOBS IN SPORT**

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## HEALTH &amp; FITNESS

## Building a Culture of Health and Fitness

with Asha Riley

New

Monday 6 November Zoom Webinar

Evidence suggests that exercise could be the single most powerful lifestyle intervention to improve the health and wellbeing of adolescents. This course shows the practical steps that can be taken by schools to convey this message, cultivate positive pupil relationships with exercise and establish active habits that will last a lifetime.

It is suitable for Directors of Sport, Heads of PE and anyone with responsibility to support positive health and wellbeing of pupils and staff within the context of school.

- Context surrounding the need for increased physical activity levels amongst pupils
- The benefits of regular exercise and the scale of the opportunity ahead
- Factors stalling progress of Health and Fitness culture in Independent Schools
- Effective programming and messaging to support an active school community
- How to make physical activity and exercise a habit for all, and always
- Practical lesson approaches
- Tried and tested strategies for success

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Asha Riley** is a Loughborough graduate and international Lacrosse player who has taught PE in the UK and in Asia. She is an advocate of active lifestyles and the ways in which schools can encourage girls, in particular, to overcome barriers to participation and enjoy a lifetime of appropriate activity. She is the author of MOVE60, which is an innovative PE programme to intended to change the way in which exercise awareness is raised in schools.



## Fuelling Performance: The Importance of Nutrition in Schools for Sports, Health and Fitness

with Dan Richardson MSc, SENr

Tuesday 14 November Zoom Webinar  
Tuesday 7 May 2024 Zoom Webinar

This webinar addresses the significance of nutrition in sports, health, and fitness in the school environment. It will cover the latest scientific research on optimal athletic nutrition and simple ways to implement this. There will be tips to support sporty students with balanced nutrition and hydration. It will also illustrate simple ways for students to incorporate good nutrition into daily routines. The webinar also considers the impact of nutrition on overall health and wellness, inside and outside the classroom. It will also cover strategies for competitive school sport, fuelling pre- and post-exercise.

- The significance of nutrition in sports, health, and fitness in the school environment.
- Understanding the latest scientific research on optimal athletic nutrition and simple ways to implement this.
- Tips to support sporty students with balanced nutrition and hydration.
- Simple ways for students to incorporate good nutrition into daily routines.
- The impact of nutrition on overall health and wellness, inside and outside the classroom.
- Strategies for competitive school sport, fuelling pre- and post-exercise.
- Includes extensive resources

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

## Wellbeing for School Staff with Andrew Cowley

Thursday 23 November Zoom Webinar

Wellbeing isn't a buzzword, a trend or a fad; it is a modern day reality regarding the happiness of our colleagues in the workplace, their ability to have a work-life balance and to perform their role not only efficiently but to the benefit of their students and themselves. However, to look after others, we need to know how to look after our own wellbeing and how to function as a wellbeing leader. Based around the bestselling 'The Wellbeing Toolkit' Andrew Cowley will discuss how we can pay heed to our own wellbeing and how we can take a practical, principled and values based approach to the authentic wellbeing of our colleagues.

- What wellbeing is...and what it isn't.
- The place of effective relationships in the workplace.
- Looking after ourselves, without putting ourselves first.
- A values led approach to wellbeing.
- Problems and barriers.
- Solutions and continuity.

BOOKING

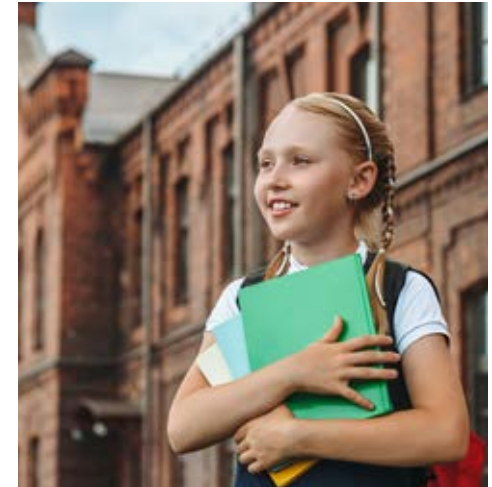


INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Andrew Cowley** is a speaker and writer on wellbeing for staff and children in addition to being a coach for the Senior Designated Mental Health Leaders course and the School Mental Health Award with Leeds Beckett University. As a former Deputy Headteacher with nearly thirty years in primary classrooms, Andrew's writing is informed through his experience as a school leader and classroom teacher. Andrew is the author of *The Wellbeing Toolkit* and *The Wellbeing Curriculum* both published by Bloomsbury Education.



## Wellbeing for Pupils and Students

with Andrew Cowley

Thursday 30 November Zoom Webinar

This course considers what wellbeing means for children and students. This is in the context of a post-pandemic world, where the mental health of children and families has been impacted by both circumstance and context. Based around the simple principle that 'happy staff make for happy children and happier learners', this course will demonstrate how pressing wellbeing issues can be addressed in a school context.

- What wellbeing looks like for children.
- Wellbeing as a life skill, linked to character education.
- Pupils looking after themselves: self-awareness, healthy lifestyle choices and personal safety.
- Pupils looking after each other: kindness and bullying, digital awareness, cyberbullying and building trust.
- Putting wellbeing principles into action: diversity and equality, leadership, empowerment.

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



## Simplifying Strength and Conditioning for Teachers

New

Monday 20 November Zoom Webinar

This course will provide understanding, clarity and confidence to deliver effective strength and conditioning within PE lessons and games programmes. It will discuss key topics within long term athlete development and youth training, explaining what to prioritise and how to progress this within the everyday constraints of academic environments. It will also consider how to make the engaging and enjoyable for students to promote and develop improved performance, injury prevention and enjoyment.

- Key techniques and exercises for youth athletes
- Progressive exercise, with and without equipment
- Structuring conditioning across a school pathway
- Developing student engagement

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Will Ruscombe-King** is the Lead Strength and Conditioning Coach at the University of Bristol and a Contractor for the English Institute of Sport. He has led and developed the S&C programme at the University, growing it from nothing into a large team of coaches, working across 15 sports and supporting over 15,000 attendances per year. This has contributed to the University of Bristol achieving Top 10 in BUCS for the 7th consecutive year.

**SPORTS**  
COACHING ONLINE

[www.sportscoaching.online](http://www.sportscoaching.online)



## Team Sports Nutrition

New

Tuesday 30 January 2024 Zoom Webinar

This course will focus on the nutritional strategies necessary to optimise performance in all team sports. From football to netball, rugby to hockey, it will cover fuelling tactics, pre/post-game nutrition, and hydration essentials to optimise performance. It will explain the crucial distinctions between training and match day nutrition, with practical methods to stay energised and recover effectively. Learn how to strategically plan pre-game meals for peak performance, and uncover in-game fuelling techniques.

- Fuelling tactics and performance-enhancing nutrition for team sports.
- Understanding the difference between training and match day nutrition.
- Planning pre-game meals to optimise on-field performance.
- In-game fuelling techniques for critical moments in team sports.

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

## Sports Nutrition Supplements

New

with Dan Richardson MSc, SENr

Tuesday 16 January 2024 Zoom Webinar

This course will explain the rapidly-evolving science behind Sports Nutrition Supplements. It will explore the science-backed benefits and potential risks of various sports supplements, while providing practical guidance on optimising athletic performance and recovery. Educators will be provided with valuable information to support their pupils' athletic performance while promoting health and safe practice. They will understand the place of responsible supplement use in order to advise children and parents.

- The latest advancements in Sports Nutrition Supplements and their potential benefits for athletic performance.
- Insights into the science-based approach to using supplements in schools, promoting responsible usage among student-athletes.
- Potential risks associated with sports supplements and how to mitigate them
- Practical guidance to support students in making informed decisions about incorporating supplements into their training routines.

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Dan Richardson** is a performance nutrition expert who supports elite and school-level athletes to optimise their health and athletic potential. He has worked as a nutritionist with teams such as Manchester City, Sale Sharks, Warrington Wolves and Leeds United. His approach to nutrition is simple, evidence-based and food-first, focusing on utilising the latest nutrition research to support all students and athletes.



## Concussion: Protecting your Players and the Future of Contact Sport in Schools

with Dr Sam Barke

Monday 27 November Zoom Webinar

Concussion and the risks of contact sports is a high profile concern in school sport. Failure to properly acknowledge and manage the injury not only puts the health of the individual player at risk but also threatens the future of contact sports. In this session Dr Sam Barke talks through the current landscape and how schools can manage this risk to ensure the future of their sports programmes and equip teachers with the confidence to deal with this issue

- The current landscape – why isn't concern going away?
- Back to basics – what is concussion and what are the risks?
- Recognising concussion and managing it well
- Developing a school strategy
- Where things go wrong
- The Future – is contact sport worth the risk?

BOOKING



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Dr Sam Barke** is Medical Director at Return2Play – a concussion management system that handles the entire return to play process. As a sports doctor, he has worked with numerous top independent prep and senior schools to ensure they provide the best care to their pupils following an injury.

HEALTH & FITNESS


**Girls' Sports Nutrition with Dan Richardson**

**New**

Tuesday 28 November Zoom Webinar  
 Tuesday 21 May 2024 Zoom Webinar

Active females have unique nutritional requirements. This course will explain the specific requirements to optimise performance through proper nourishment. It will provide an understanding of how specific nutrients can boost energy levels, improve recovery, and support overall health, specifically during the menstrual cycle.

- The unique nutritional needs of female athletes
- Optimising sports performance with proper nutrition and energy management
- Managing menstrual cycle challenges through nutrition support
- Empowerment and education for informed nutritional choices

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

**Want a Celebrity Speaker?**

If you are looking for a high profile sports person for a dinner, awards celebration, Masterclass or any other appearance or talk, please get in touch. We have a range of current and former players and coaches, who are experienced in working with schools, to suit all budgets.



**CONTACT DAN SCARGILL**  
 dan@ice-education.co.uk


CRICKET

**Hard Ball Cricket for Girls with Charlotte Taylor**

Monday 18 March 2024 Zoom Webinar

This course is aimed at teachers who have some experience of teaching the game to beginners, and wish to improve their knowledge of hard ball cricket. Through video illustration, a clear strategy will be presented for moving on to the hard ball game, and for meeting the needs of more experienced players.

- Developing batting against the hard ball
- Introducing scoring shots
- Hitting boundaries and attacking shots
- Introducing the wicketkeeper
- Introducing bowling with the hard ball
- Fielding positions, and setting a field
- Using equipment for hardball cricket


**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

**Soft Ball Cricket for Girls with Charlotte Taylor**

Monday 11 March 2024 Zoom Webinar

This course is aimed at teachers who are introducing the game to girls for the first time. No previous experience is necessary. Through extensive video, it will illustrate all the basic skills, and how to present them to beginners, using a variety of modern and simplified coaching techniques and a range of soft balls.

- Introducing the basics
- Batting shots for beginners
- Developing batting drills
- Practising through small-sided games
- Introducing the bowling action
- Developing the run up
- Essential fielding skills: throwing, stopping and catching

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

SEMINARS



**Record and Analyse sport with Veo Technology**

Tuesday 6 February 2024 Zoom Webinar


Veo helps every school, team and player improve their sport. This is done using a simple and portable camera that automatically records and live-streams sports, accompanied by a state-of-the-art analysis platform.



Through a combination of advanced AI technology which ensures ease of use, this technology is widely available. Veo has become an essential component of sports worldwide.

Veo Cam 2 enables live-streaming of games, allowing parents and others who can't be there in person to view the action live.

- The benefits of Veo to school sport
- Analysing Sport using Veo
- Understanding the basic features including highlights, tagging players and draw screen
- Veo analysis in different sports, including Rugby, Football, Netball, Hockey, Basketball
- Using Veo for GCSE assessment
- Q&A

**BOOKING**  **INDIVIDUAL £65 SCHOOL £130**  
 Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



**Applying to Become a Director of Sport with Neil Rollings**

Tuesday 9 January & Tuesday 16 January 2024 Zoom Webinar

**This is a two-part webinar. Part one is on Tuesday 9 January and part two is on Tuesday 16 January. These sessions are live only: no recordings are available**

Navigating the process of being appointed to a Director of Sport position requires a specific skill set, and dedicated approach. Many candidates underperform through lack of understanding of the process, or through inadequate preparation. This unique seminar is based on the experience of reading over 2500 letters of application, and conducting more than 200 interviews. It will enable candidates to present themselves at their best, and give themselves the optimum chance of success.

SESSION ONE


**The Application Process Tuesday 9 January 2024**

- Planning a career journey
- The applications funnel
- Reading Job Descriptions
- Letters and Forms
- Three Golden Rules
- Planning the letter of application
- Making a letter stand out

SESSION TWO

**The Selection Process Tuesday 16 January 2024**

- What to expect
- Understanding the process
- Planning interview performance
- Delivering presentations
- In-Tray exercises
- The practical session
- 'Do you have any questions for us?'

**BOOKING**  **BOTH SESSIONS £120**  
 This is a two-part Webinar. Course runs 7pm to 8.30pm over two evenings. No recording available. Price excludes VAT.



SEMINARS

## The Ultimate Course For Aspiring Directors of Sport with Neil Rollings

Weekly 3 October – 14 November Zoom Webinar

This five-part, online, course provides everything necessary to maximise applications for these positions. The first two Units will explain the role of the Director of Sport as leader, cultural architect and quality controller: the third will consider programme issues and priorities. The final two sessions will consider all dimensions of the job application and selection process to enable candidates to present themselves at their very best. This unique content results from the experience of making more than 50 Director of Sport appointments, conducting over 200 interviews and reading nearly 2500 letters of application.

This course will be run once in the 2023/2024 year, specifically for people intending to apply for these jobs in the future. Numbers are strictly limited.

### UNIT ONE

**The Director of Sport as a Leader**  
Tuesday 3 October

### UNIT TWO

**Culture Building And Quality Control**  
Tuesday 10 October

### UNIT THREE

**Managing Programme Issues**  
(Tuesday 31 October)

### UNIT FOUR

**Applying for jobs: Rules of the Game, forms and letters** (Tuesday 7 November)

### UNIT FIVE

**Optimal Performance In The Selection Process** (Tuesday 14 November)



1 PLACE £325 For all five Modules

Zoom webinar 7pm to 8.30pm. Modules not available separately. Only the first three webinars will be recorded. Price excludes VAT.



## Heads of Sport Webinar with Neil Rollings

Thursday 9 November Zoom Webinar

This course is intended for aspiring or recently appointed heads of a sport in a school. It will consider the priorities for these roles, and how these have changed in recent years. Participants will be prepared for managing the contemporary challenges in school sport, and developing creative solutions to common problems. It is suitable for leaders of any sports programme in a school.

- The role of the modern head of a sport
- Leading a sports programme in a school
- Clarifying what success looks like
- Supporting high performance
- Retaining a critical mass of players
- Creating a competition programme
- Establishing standards, values and behaviours
- Building a culture of commitment
- Creating a school-wide coaching philosophy
- The workforce of school sport
- Controlling the quality of the experience
- Meaningful communications



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

## New to Running a School Sports Team with Neil Rollings

New

Tuesday 26 September Zoom Webinar  
Thursday 20 June 2024 Zoom Webinar

This new course is intended for teachers and coaches who will be running school sports teams for the first time. It will cover everything that a novice team coach needs to know in managing a happy and successful team, that makes progress and leaves players wanting to come back the year after. This includes managing opportunities, communicating with parents and developing players through creative, effective coaching.

- What does it mean to be a school team?
- Creating an inclusive environment
- Inspiring, and rewarding, commitment to the team
- Managing the match day
- Making it a 'great game'
- Communicating with parents
- Structuring effective coaching sessions
- Developing character through school sport



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.



Neil Rollings is Chairman of PADSIS. A former Director of Sport, he now works with schools and organisations to improve the provision of school sport. He is a contributor to the Government Review of PE, member of the All-Party Parliamentary Committee on a Fit and Healthy Childhood, member of RFU Schools Partnership Group and Course Director of the University of Buckingham MA in Leading School Sport.

**JOBS IN SPORT**  
www.jobsinsport.online



## Staffing the Co-Curricular Programme with Neil Rollings

New

Thursday 11 January 2024 Zoom Webinar

Co-Curricular activities are central to the culture and business case of most schools. There are long-established traditions and expectations of provision. However, at a time when facilities for these activities have never been better, it is ironic that staffing these activities is more complex than ever. A perfect storm of factors is making many staff less generous with their discretionary effort, and historic expectations of teachers are being challenged.

This new webinar is aimed at Co-Curricular leaders, and others responsible for staffing the co-curricular programme. It will address the issues that schools face, consider industry trends and case studies and present a framework for strategic evaluation future provision.

- Understanding the perfect storm
- The shifting dynamic of supply and demand
- Contractual expectation v discretionary effort
- Legitimate curriculum extension expectations
- The particular problems of sports provision
- Avoiding a culture of adding
- Evaluating future requirements
- Reward and recognition models
- The future of co-curricular staffing



INDIVIDUAL £65 SCHOOL £130

Zoom webinar 7pm to 8.30pm School subscription allows up to 5 members of staff. Recording available for 48 hours. Price excludes VAT.

## FACE TO FACE COACHING OVERVIEW

## ATHLETICS

**School Athletics Masterclass** 16  
Fri 1 Mar 2024 Lee Valley Athletics Centre, N Lond  
Fri 15 Mar Brunel University, West London  
Fri 26 Apr ACS School, Cobham, Surrey  
Fri 3 May Tonbridge School, Kent

## BADMINTON

**Inspiring Badminton Teaching and Coaching** 12  
Mon 13 Nov Surrey Sports Park, Guildford

## BASKETBALL

**Introducing and Developing School Basketball** 13  
Mon 5 Feb 2024 Gordon's School, Woking

## CRICKET

**Cricket Coaching and Umpiring for Inexperienced Coaches** 14  
Fri 15 Mar 2024 Magdalen College School, Oxford  
Fri 26 Apr Reading Blue Coat School, Berks

**Introducing and Developing Girls' Cricket (with soft balls)** 14  
Tue 5 Mar 2024 Surrey Sports Park, Guildford

**Moving on to Hard Ball Girls' Cricket** 14  
Thu 14 Mar 2024 Bloxham School, Oxford

## DANCE

**Teaching Curriculum Dance in Key Stage Two** 16  
Tue 27 Feb 2024 Dragon School, Oxford

## GYMNASTICS

**Intermediate Level: Skills for Secondary Schools** 15  
Tue 28 & Wed 29 Nov Guildford Spectrum, Surrey  
Tue 27 & Wed 28 Feb 2024 Guildford Spectrum

**Introductory Level: Teaching Gymnastics to Key Stage Two** 15  
Mon 27 Nov Guildford Spectrum, Surrey  
Mon 26 Feb 2024 Guildford Spectrum, Surrey

## HEALTH &amp; FITNESS

**Athletic Development in Schools** 10  
Tue 28 Nov Berkhamsted School, Herts

**Leading Group Exercise Sessions with Confidence** 10  
Mon 20 Nov Heathfield School, Ascot

## HOCKEY

**Coaching Mini Hockey** 9  
Thu 12 Oct Dragon School, Oxford

**Developing 1st XIs for the Modern Game** 9  
Wed 22 Nov Glasgow Academy, Glasgow

**Hockey Coaching and Umpiring for Beginners** 9  
Mon 9 Oct Reigate Grammar School, Surrey  
Mon 13 Nov Wycliffe College, Gloucestershire  
Tue 14 Nov Stowe School, Buckingham  
Mon 29 Jan 2024 Tonbridge School, Kent

## LACROSSE

**Lacrosse Coaching and Umpiring for Beginners** 13  
Mon 2 Oct St Swithun's School, Winchester

## NETBALL

**16th Annual National Schools' Netball Coaching Conference** 3  
Mon 4 Dec Surrey Sports Park, Guildford

**Intermediate Netball Coaching: Learning from the World Cup** 3  
Fri 10 Nov Uppingham School, Leicestershire  
Mon 13 Nov Charterhouse School, Guildford  
Fri 19 Jan 2024 Gordon's School, Woking

**Netball Attack Masterclass** 4  
Thu 8 Feb 2024 Reading Blue Coat School, Berks

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**Netball Coaching for Beginners** 4  
Fri 17 Nov Bloxham School, Oxford  
Mon 6 Nov Surrey Sports Park, Guildford  
Mon 29 Jan 2024 Charterhouse School, near Guildford

**Netball Defence Masterclass** 4  
Fri 24 Nov Epsom College, Surrey

**Prep Schools' Netball Conference** 5  
Tue 30 Jan 2024 Surrey Sports Park, Guildford

**Umpiring School Netball** 5  
Fri 1 Dec Berkhamsted School, Herts

**National Conference for Heads of Rugby in Schools** 7  
Tue 14 Nov Ealing Trailfinders RFC, W London

**National Prep Schools' Rugby Conference** 8  
Thu 12 Oct Abingdon School, Oxfordshire

**Northern Rugby Coaching Conference: Winning the Ball** 6  
Thu 28 Sep Bradford Grammar School, W Yorks

**SEMINARS**

**Conference for Leaders of School Sport in Scotland** 16  
Thu 14 Sep The Glasgow Academy

**Conference for Co-Curricular Deputy Heads** 18  
Wed 22 Nov Hilton London Olympia

**Defining Success in School Sport** 18  
Mon 20 Nov Holiday Inn, Guildford

**Developing and Managing a Sports Scholarship Programme** 19  
Mon 6 Nov Leonardo Royal Hotel, Oxford

**The Director of Sport in a Prep School** 19  
Fri 17 Nov Leonardo Royal Hotel, Oxford  
Tue 18 June 2024 Hilton London Olympia, Kens

**The Director of Sport in an Independent School** 19  
Thu 23 Nov Hilton London Olympia, Kensington  
Mon 17 June 2024 Leonardo Royal Hotel, Oxford

**Educational Visits Co-ordinators Update Training** 17  
Thu 16 Nov Leonardo Royal Hotel, Oxford

**Managing Contemporary Issues in School Sport** 18  
Tue 21 Nov Holiday Inn, Guildford  
Tue 11 June 2024 Reading Crown Plaza East, Berks

**Managing Staff in School Sport** 11  
Thu 16 Nov Reading Crown Plaza East, Berkshire

**National Conference for Educational Visits Co-ordinators** 17  
Thu 8 Feb 2024 Leonardo Royal Hotel, Oxford  
Tue 7 Nov Young Mariners Base, Lee Valley, Herts

**Seminar for Co-Curricular Deputy Heads** 17  
Thu 29 Feb 2024 Leonardo Royal Hotel, Oxford  
Thu 6 June Holiday Inn, Guildford

**SWIMMING**

**Coaching Swimming in Schools** 10  
Fri 24 Nov ACS School, Cobham, Surrey  
Thu 25 Jan 2024 James Allen's Girls' School, S Lon

**TENNIS**

**Coaching School Tennis** 11  
Fri 8 Mar 2024 White Horse Tennis Centre, Oxon  
Mon 29 Apr Sutton Tennis Centre, Surrey

**TRAMPOLINING**

**British Gymnastics Teachers' Award for Trampolining: Level One** 15  
Thu & Fri 16–17 Nov Guildford Spectrum, Surrey  
Thu & Fri 14–15 Mar 2024 Guildford Spectrum

## ONLINE COACHING OVERVIEW

## BASKETBALL

**Coaching Basketball in Schools** 22  
Mon 4 Dec Zoom Webinar

## CRICKET

**Hard Ball Cricket for Girls** 30  
Mon 18 Mar 2024 Zoom Webinar

**Soft Ball Cricket for Girls** 30  
Mon 11 Mar 2024 Zoom Webinar

## DANCE

**Dance in the Secondary PE Curriculum** 26  
Tue 28 Nov Zoom Webinar

**Dance in the Primary Curriculum** 26  
Tue 21 Nov Zoom Webinar

## GYMNASTICS

**Gymnastics in Schools at Key Stage 2 and 3** 25  
Tue 7 Nov Zoom Webinar  
Thu 1 Feb 2024 Zoom Webinar

**Progressing Gymnastics Skills** 25  
Tue 21 Nov Zoom Webinar  
Thu 8 Feb 2024 Zoom Webinar

**HEALTH & FITNESS**

**Building a Culture of Health and Fitness** 28  
Mon 6 Nov Zoom Webinar

**Concussion: Protecting your Players and the Future of Contact Sport in Schools** 29  
Mon 27 Nov Zoom Webinar

**Fuelling Performance: The Importance of Nutrition in Schools for Sports, Health and Fitness** 28  
Tue 14 Nov Zoom Webinar  
Tue 7 May 2024 Zoom Webinar

**Girls' Sports Nutrition** 30  
Tue 28 Nov Zoom Webinar  
Tue 21 May 2024 Zoom Webinar

**Simplifying Strength and Conditioning for Teachers** 29  
Mon 20 Nov Zoom Webinar

**Sports Nutrition Supplements** 29  
Tue 16 Jan 2024 Zoom Webinar

**Team Sports Nutrition** 29  
Tue 30 Jan 2024 Zoom Webinar

**Wellbeing for Pupils and Students** 28  
Thu 30 Nov Zoom Webinar

**Wellbeing for School Staff** 28  
Thu 23 Nov Zoom Webinar

**HOCKEY**

**A Dictionary of Effective Drills for Hockey** 24  
Thu 16 Nov Zoom Webinar

**Hockey Coaching for Beginners** 24  
Thu 12 Oct Zoom Webinar  
Thu 9 Nov Zoom Webinar  
Thu 1 Feb 2024 Zoom Webinar

**Penalty Corner Attack: Understanding The Most Effective Strategies** 24  
Mon 6 Nov Zoom Webinar  
Wed 31 Jan 2024 Zoom Webinar

**Team Defence: How to Stop Conceding Goals!** 24  
Mon 2 Oct Zoom Webinar  
Mon 29 Jan 2024 Zoom Webinar

**Transitions into Possession** 25  
Wed, 11 Oct 2023 Zoom Webinar

**Umpiring School Hockey** 25  
Wed 4 Oct Zoom Webinar  
Wed 8 Nov Zoom Webinar  
Mon 5 Feb 2024 Zoom Webinar

**NETBALL**

**A Dictionary of Effective Drills for Netball** 21  
Wed 24 Jan 2024 Zoom Webinar

**Coaching Skills and Strategies for Netball** 21  
Tue 5 Dec Zoom Webinar

**Netball: The Defensive End** 21  
Tue 30 Jan 2024 Zoom Webinar

**Umpiring School Netball** 21  
Mon 9 Oct Zoom Webinar  
Wed 22 Nov Zoom Webinar  
Mon 15 Jan 2024 Zoom Webinar

**Understanding the Shooters and the skills they need to develop** 20  
Wed 8 Nov Zoom Webinar

**PHYSICAL EDUCATION**

**Analysis of Chief/Principal Examiner Reports for GCSE PE** 26  
Thu 8 Feb 2024 Zoom Webinar

**Becoming A Successful Head of PE** 27  
Wed 8 Nov Zoom Webinar

**Improving Outcomes in GCSE PE** 26  
Tue 21 Nov Zoom Webinar

**Edexcel GCSE PE: Improving Student Performance in Papers One and Two** 26  
Tue 27 Feb 2024 Zoom Webinar

**Edexcel GCSE PE: Improving the NEA** 27  
Mon 5 Feb 2024 Zoom Webinar

**Teaching High Quality Examination PE** 27  
Thu 9 Nov Zoom Webinar

## PRIMARY PE

**PE In The Early Years** 20  
Mon 20 Nov Zoom Webinar

**PE in Key Stage One** 20  
Mon 27 Nov Zoom Webinar

## RUGBY

**A Dictionary of Skill Drills for School Rugby Coaches** 23  
Thu 9 Nov Zoom Webinar

**Beginners Rugby Coaching** 22  
Mon 13 Nov Zoom Webinar

**Coaching and Refereeing New Rules of Play: Under 9 to Under 12** 23  
Thu, 5 Oct Zoom Webinar

**Contact and Set-piece from the Ground Up** 23  
Tue 3 Oct Zoom Webinar

**Tackle Technique: Building safe and Effective Tackle Habits Along with Defensive Structure** 23  
Thu 28 Sep Zoom Webinar

**SEMINARS**

**Applying to Become a Director of Sport** 30  
Tue 9 Jan & Tue 16 Jan 2024 Zoom Webinar

**The Director of Sport in a Prep School** 19  
Thu 22 Nov & Thu 29 Nov Zoom Webinar

**Heads of Sport Webinar** 31  
Thu 9 Nov Zoom Webinar

**New to Running a School Sports Team** 31  
Tue 26 Sep Zoom Webinar  
Thu 20 June 2024 Zoom Webinar

**Record and Analyse sport with Veo Technology** 30  
Tue 6 Feb 2024 Zoom Webinar

**Staffing the Co-Curricular Programme** 31  
Thu 11 Jan 2024 Zoom Webinar

**The Ultimate Course For Aspiring Directors of Sport** 31  
Weekly 3 Oct – 14 Nov Zoom Webinar

**SWIMMING**

**Introducing Children to Swimming: From Non Swimmer to 25 metres** 22  
Mon 13 Nov Zoom Webinar

**Modern Swimming Teaching in Schools** 22  
Thu 16 Nov Zoom Webinar  
Thu 14 Mar Zoom Webinar