

Physical Education, Physical Activity & Sport (PEPAS) Training
Course List 2015-16 (as at Sep 2015)

Date	Time & Venue	Course	Booking	Notes
Thu 28 th Jan	1600-1800 New Elgin PS	Clubgolf	Contact the Moray Council on 01343 563374	Learn to deliver basic golf sessions to P5-aged pupils as part of this national programme which helps schools build partnerships with their local golf clubs.
Tue 26 th Jan	1830-2130 Elgin Sports & Comm Centre	Periodization Training for Sportspeople <i>(For Level 2 Coaches or higher; Level 1 coaches and Leaders will be permitted if spaces are available)</i>	Contact Kim Paterson, Sports Development Officer, on 01343 563657 or kim.paterson@moray.gov.uk	This workshop will introduce you to key principles of periodization that will allow you to plan training more effectively and get the most out of your athletes. Periodization refers to a planned progression of training that intentionally varies intensity and volume to achieve peak performance for a particular competition or race.
Sat 20 th Feb	0930-1600 Elgin High School	First Aid (Sport-related injuries)	Contact the Moray Council on 01343 563374	Essential for anyone delivering sport and physical activity. This HSE-certified six hour training course has a particular focus on sport-related injuries but will also cover first aid for more common situations. Delivered by RIGMA Training. Cost: £45.
Wed 24 th Feb	1830-2130 Elgin Sports & Comm Centre	Tapering and Peaking for Performance in Sport <i>(For Level 2 Coaches or higher; Level 1 coaches and Leaders will be permitted if spaces are available)</i>	Contact Kim Paterson, Sports Development Officer, on 01343 563657 or kim.paterson@moray.gov.uk	Ideally, an athlete should reach their chosen competition in peak form. Through careful preparation, the run-in to key events can be managed effectively to give athletes the best chance of success. This workshop will help you identify how they can best taper training and plan for peak performance.



Thu 10 th Mar	1600-2000 <i>Venue tbc</i>	Hockey Leader	Contact the Moray Council on 01343 563374	This practical course will give you the very basic coaching fundamentals of the sport – enough for you to prepare a primary school squad for the Quasar Hockey Club primary school festival in Summer Term. Suitable for ages 14 and upwards. Delivered by Scottish Hockey.
<i>tbc</i> Mar	1600-1800 <i>Venue tbc</i>	Kwik Cricket	Contact the Moray Council on 01343 563374	Cricket is a popular sport in Moray and Kwik-Cricket is played by children in upper-primary with scaled-down plastic equipment and soft balls. This course will prepare you to lead/assist a primary school squad in advance of the Kwik Cricket festivals in Summer Term. Delivered by Cricket Scotland.
Tue 15 th Mar	1800-2100 Elgin High School	Safeguarding & Protecting Children workshop	Contact the Moray Council on 01343 563374	Essential for anyone delivering sport and physical activity for children. Protect yourself and the young people you coach by understanding and following good coaching practice. Learn about child abuse and how to handle a range of situations. Delivered by Sportscoach UK. Cost: £30
Tue 22 nd Mar	1830-2130 Elgin Sports & Comm Centre	Using Technology to Enhance Sports Coaching <i>(For Level 2 Coaches or higher; Level 1 coaches and Leaders will be permitted if spaces are available)</i>	Contact Kim Paterson, Sports Development Officer, on 01343 563657 or kim.paterson@moray.gov.uk	Until recently, technology to enhance sporting performance was only available to highly-funded elite programmes. The advancement of technology in recent years, however, has led to affordable options that can be used by any coach to enhance performance. This workshop will introduce you to a range of technology, including mobile device apps, and how to effectively use the data they provide.



Sat 7 th May	0930-1600 Elgin High School	First Aid (Sport-related injuries)	Contact the Moray Council on 01343 563374	Essential for anyone delivering sport and physical activity. This HSE-certified six hour training course has a particular focus on sport-related injuries but will also cover first aid for more common situations. Delivered by RIGMA Training. Cost: £45.
Thu 19 th May (In-Service day)	0930-1230 Venue tbc	Physical Activity for Early Years (incl pre-school)	Contact the Moray Council on 01343 563374	Help 3-5 year olds start active to stay active - fun games you can run in your nursery or school with a minimum of equipment.
Mon 13 th Jun	1800-2100 Elgin High School	Safeguarding & Protecting Children workshop	Contact the Moray Council on 01343 563374	Essential for anyone delivering sport and physical activity for children. Protect yourself and the young people you coach by understanding and following good coaching practice. Learn about child abuse and how to handle a range of situations. Delivered by Sportscoach UK. Cost: £30

Active Schools will ensure all its training and activities are delivered in accordance with the *Positive Coaching Scotland* principles - creating a positive and encouraging atmosphere at sessions and events to ensure young people stay in sport.

