



Course Brochure

2024-2025

Cambridgeshire Physical Education Advisory Service

Professional Support for PE and Outdoor Learning
Special & Secondary Schools

The Physical Education Advisory Service runs a comprehensive programme of workshops, training courses and activities for schools and settings. The Service can also provide cutting edge consultancy and advice to schools ranging from policy and curriculum planning, to the safe practice and the planning and management of school swimming.

We remain the first port of call for all issues and aspects related to curriculum Physical Education for schools in Cambridgeshire



@Cambs_PE



www.cambridgeshire.gov.uk/learntogether



Cambridgeshire PE Advisory Service

Professional Support for Physical Education and School Sport

The Cambridgeshire PE Advisory Service is a high quality provider of support and training for schools and teachers in this vital area of the curriculum.

- School based training for whole departments, schools and clusters of schools
- Extensive links with NGBs and National Stakeholders
- PG Tips - The innovative 'Practical Guides for teachers in Primary Schools' series
- Accredited courses for Primary School PE Specialists. The Physical Education Hub is a recognised Professional Learning Centre for the AfPE/Sportsleaders L5 & L6 PE qualifications.
- The Physical Education Health & Safety Check Package - This is a bespoke support package where schools are supported by an adviser in auditing, and planning Priorities for development in PE & School Sport



Contact Details:

Ian Roberts - Physical Education and School Sport Adviser
ian.roberts@cambridgeshire.gov.uk
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

Further information about The PE Service



Athletics Officiating for PE Teachers

24th March 2025 – 2pm-4pm

Course Overview

This course is deliberately focussed at practicing teachers who would benefit from greater knowledge and insight into how to judge track and field, and how to manage young athletes in that setting.

The course is an applied workshop, and teachers will be shown what they need to know and understand 'in-situ'. The course has an accompanying resource booklet, and teachers will be assessed following the course prior to receiving a CCC certificate of completion.



Aim of Course:

This course will provide teachers with opportunities to better understand how to:

- Measure and record performances for distance, height and time
- Follow the procedures and basic rules for the event groups
- Carry out responsibilities of the officials to ensure safe schools' athletics competitions

Important Information

Venue:

Embankment Athletics Stadium,
Bishop's Rd, Peterborough PE1 5BW

How much does it cost?

£50 (additional staff from same school
£30 – adjustment will be made at the
time of invoicing)

Who should attend?

This course is aimed at teachers of
practical PE

Certification

Following the course, teachers will be
assessed through an online test, and
will receive a CCC Certificate of
completion

Contact Details:

Ian Roberts – Specialist Adviser - PE & School
Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258



To book visit

www.cambslearntogether.co.uk/services-to-schools/pe/physical-education-courses-and-workshops

British Gymnastics Teachers Trampolining Award - Refresher

20th January 2025 or 10th July 2025

9am – 3.30pm



Course Overview

Participants will undertake a mixture of practical and theory activities to review their trampolining knowledge and update their techniques. There will be opportunity to apply the concepts in a range of practical situations. Participants will receive practical advice about the best method for structuring and organising a lesson. Participants should hold a BG trampolining teaching award. **NB: Participants should be prepared to take part practically.**



Aims of Course

- To complete the approved British Gymnastics trampolining refresher course to enable participants to safely teach trampolining in schools
- To update colleagues about the most up to date teaching methods and techniques

Important Information

Venue:

St Ivo School, High Leys, St Ives
PE27 6RR

How much does it cost?

£179

Who should attend?

Key Stage 3 & 4 - Secondary PE Staff

Delegates are advised that lunch is not provided.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

To book visit

www.cambslearntogether.co.uk/services-to-schools/pe/physical-education-courses-and-workshops

Boxercise Instructors Course

Date to be confirmed

9.00am – 5.00pm



Course Overview

The Boxercise Instructor course is designed to meet the needs of teachers who would like to gain a foundation in the fundamental techniques of boxing for fitness and teaching. These skills can then be used to teach classes in Primary and Secondary Schools.



Aims of Course

Course Content:

The course is an 8 hr course. During the course you will integrate the following content, with a range of pedagogical approaches and styles:

Learn all the 8 punches and how to safely coach and teach them to others

Group work. Practise teaching the punches to others & putting the punches you have been taught to create exciting routines

Equipment Education. How to choose and use boxing equipment correctly.

Hand wrapping for the beginner. Safety and Injury Prevention

Interactive discussion on class formats and design.

Learn how to safely hold the focus pads and assess technique

Lesson examples Covering all styles. Aerobics, Circuits, Coached Pads (technical skills sessions), Beasting Sessions and Bootcamp style formats.

Practical Assessment Demonstrate the techniques and coaching skills you have learnt during the course.

Important Information

Venue:

To be confirmed

How much does it cost?

To be confirmed

Who should attend?

Key Stage 2, 3 & 4

Attendees must be qualified teachers, or have a degree in a sports discipline.

Delegates are advised that lunch is not provided.

Tutor: Andy Wake & Colleagues from Boxercise Ltd

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258



Developing an inspirational PE curriculum for the 21st century

22nd October 2024 – 1.30pm-3.30pm

Course Overview

One of the challenges of any school is to ensure that the curriculum that the children encounter is engaging and meaningful. What is the purpose of a physical education curriculum with which you are familiar? Does the curriculum provide meaningful and inspiring learning experiences for all children and young people? To what extent are all children and young people challenged and supported to achieve their full potential in physical education? This workshop will support schools in reviewing their PE offer, and developing a curriculum that focuses on what the children need.



Aims of Course

The goals of the workshop are for participants to:

- Consider how the physical education curriculum can be built to help equip all children and young people with the necessary knowledge, skills and values to lead active lifestyles.
- Consider the importance of providing authentic, meaningful and high quality learning experiences in physical education through a broad and balanced curriculum offer, where all children and young people are supported and challenged to achieve their full potential.
- Plan a physical education curriculum that is child-centred and focuses primarily on developing learning, rather than on teaching the activity content.

Important Information

Venue:

This course will be hosted via Zoom. You will receive a booking confirmation and a second invitation email with zoom log-in will be forwarded nearer the date.

How much does it cost?

£49 for Cambridgeshire maintained schools

£54 for Cambridgeshire Academies and all Non-Cambridgeshire Schools

Who should attend?

This course is ideal for Primary, Special and Secondary School teachers who teach Physical Education.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258



Making Sense of Assessment in Physical Education

6th March 2025 – 1.30pm – 3.30pm

Course Overview

This course is in place to help teachers understand and share good practice for the assessment of children's progress in PE and how this can be used to inform teaching and learning.



Aims of Course

The goals of the workshop are for participants to:

- Review the intent of the NCPE
- Relate assessment for learning practices to student learning in Physical Education
- Examine assessment strategies and materials, and consider criteria, Identify opportunities to access ongoing support and resources

Important Information

Venue:

This course will be hosted via Zoom. You will receive a booking confirmation and a second invitation email with zoom log-in will be forwarded nearer the date.

How much does it cost?

£49 for Cambridgeshire maintained schools

£54 for Cambridgeshire Academies and all Non-Cambs Schools

Who should attend?

This course is ideal for Primary, Special and Secondary School teachers who teach Physical Education.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

To book visit <https://cambridge.council.bookingbug.com/home/w2499204>



Managing Students in a Fitness Room

Certificate for PE Teachers

Autumn 2024 – 9.30am-4pm



Course Overview

Teachers need to be able to demonstrate competence to teach children in a fitness facility. This course will give teachers the tools to make this happen.

Fitness suites are widely used in schools as part of the PE and Physical Activity offer. This aspect of the PE curriculum has been shown to positively influence children's knowledge and attitudes towards physical activity, and contributes to sustaining a healthy and active lifestyle.

This new course, has been developed to help schools recognise and manage risk whilst applying safe principles and procedures when teaching physical preparation to young people, particularly when using a fitness suite and specialist facilities.



Important Information

Venue:

tbc

How much does it cost?

tbc

Who should attend?

This course is for specialist Secondary & Special School PE teachers

Deliverer

Rob Thickpenny – S&C Consultant/
Tutor & Former England Athletics Lead
for Physical Preparation

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

Aims of Course

This course will support PE teachers working with young people in a fitness room and other exercise environments

- how to maintain a safe and effective gym-based exercise environment with young people
- planning safe and effective gym-based exercise lessons and programmes for young people
- Application of fundamental movement patterns to training, and transfer across a range of sports and activities
- teaching safe techniques and progressions in a variety of physical preparation contexts including plyometrics, circuit training, fixed machines and free-weights
- practical assessment - demonstrate the techniques and interventions you have learnt during the course

To book visit

<https://cambridge.council.bookingbug.com/home/w2499204>

Small Pool Operators Update Seminar (One Day Course)

Spring/Summer 2025 – 9am - 3.15pm

Course Overview

This mandatory update seminar is for all pool carers whose main award is 3 years old or more. To ensure all pool carers have current and valid knowledge concerning the operation of a small swimming pool. **Delegates must bring their own pool water testing kit.**



Aims of Course

- This mandatory update seminar is for all Pool Carers whose main award is 3 years old or more.
- to ensure all pool carers have current and valid knowledge concerning the operation of a small swimming pool

Important Information

Venue:

tbc

How much does it cost?

tbc

Who should attend?

This is a mandatory minimum expectation for all schools that have their own swimming pool. Schools should have in place a nominated person who acts as pool operator/manager. Delegates are advised that refreshments and resources are included. However, lunch is not provided.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258



To book visit

<https://cambridge.council.bookingbug.com/home/w2499204>

Safe Practice in Physical Education

27th February 2025 – 1.30pm – 3.30pm

Course Overview

This course is in place to help teachers understand and share good practice for ensuring that PE and School Sport is safe.



Aims of Course

By the end of this workshop, delegates will:

- know how to access the relevant national and local guidance provided by their local authority for all areas of PE
- know what should be included in a schools PE policy in relation to safe practice
- know how to risk assess particular activities and teaching areas

Important Information

Venue:

This course will be hosted via Zoom. You will receive a booking confirmation and a second invitation email with zoom log-in will be forwarded nearer the date.

How much does it cost?

£49 for Cambridgeshire maintained schools

£54 for Cambridgeshire Academies and all Non-Cambs Schools

Who should attend?

This course is for any teacher, coach or assistant in the primary, special and secondary phase.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258



What Ofsted expects of Physical Education? What Physical Education can expect of Ofsted?

27th January 2025 - 1.30pm – 4.30pm



Course Overview

The 2019 framework from Ofsted is good news for PE and school sport, and their place in a broad and balanced curriculum. It represents a welcome step to recognising the essential role that PE, sport and physical activity play in a good and well-rounded education.



Aims of Course

By the end of the workshop, teachers will gain an understanding of how the new inspection framework will consider PE, School Sport and Physical Activity, and how we can ensure that schools are able to showcase good practice by considering;

- the curriculum offer and the quality of education
- what is meant by a broad and balanced curriculum
- The 3 I's – INTENT, IMPLEMENTATION and IMPACT, and what this means for the PE curriculum
- The deep dive and what questions will inspectors ask
- The contribution that PE makes to whole school outcomes, and how we can evidence this.

Important Information

Venue:

Sunley House, Summer's Hill Drive,
Papworth Everard CB23 3RG
(opposite Papworth Village Hall)

How much does it cost (per event)?

£93 for Cambridgeshire Maintained Schools. £111 for Academies & Non-Cambridgeshire Maintained Schools

Who should attend?

PE teachers, subject leaders, SLT for all schools and settings

Deliverer

Ian Roberts – Specialist Adviser for PE & School Sport - Cambs & Peterborough. AfPE Regional Strategic Adviser

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

To book visit <https://cambridge.council.bookingbug.com/home/w2499204>



Two Day Small Pool Operators Course

Spring/Summer 2025

9am – 3.15pm

Course Overview

By the end of the course successful candidates will be able to demonstrate an understanding of the design and operation of their own school pool including the circulation, filtration, disinfection, pH correction and heating of pool water. They will know how to maintain water that is in 'balance' and which is safe and pleasant to swim in. Candidates will be able to use correct techniques to test pool water and understand the remedial action required to restore ideal conditions so that their pupils are safe.



Aims of Course

- Legal requirements and obligations for the operation of swimming pools
- Poolside hygiene and cleanliness
- Pool water testing and recording
- Chemical treatment of swimming pool water
- Plant room operation and maintenance

Important Information

Venue:

tbc

How much does it cost?

tbc

Who should attend?

This is a mandatory minimum expectation for all schools that have their own swimming pool. Schools should have in place a nominated person who acts as pool operator/manager.

Delegates are advised that refreshments and resources are included. However, lunch is not provided.

Contact Details:

Ian Roberts – Specialist Adviser - PE & School Sport
ian.roberts@cambridgeshire.gov.uk,
Telephone 01480 379077, Mobile 0797 9532847

Justine Spencer - Business Support Officer
justine.spencer@cambridgeshire.gov.uk
Tel: 01480 376257 Fax: 01480 376258

