



VAL SABIN
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Val Sabin Coaching Company Approved Scheme

The numbers of coaching companies who are selling their services to schools and parents not just as sporting activities but on their educational benefits are increasing day by day. These companies are more often being required to deliver activities in school lessons, after school clubs and summer camps.

The Val Sabin schemes are in thousands of schools and feedback indicates that local authorities, schools and coaches are increasingly aware of the added value of using coaches trained and supplied with a scheme of work by a recognised PE training provider.

Although fully qualified in one or more sports, coaches are not always familiar with the demands of the National Curriculum. The National Curriculum requires that all pupils receive a high quality physical education in Gymnastics, Dance, Games and Athletics and coaches need to be familiar with those areas of experience and adept at delivering well structured, inclusive, progressive lessons to children in groups of 30 or more.

The challenges faced by many companies are:-

- A large majority of coaches are between the ages of 18 to 25.
- Average deployment levels are less than 40 hours a week leading to low weekly wages.
- Coaches need time to develop their skills.
- If coaches are specialists in one area only they are difficult to fully deploy all week.
- Partly deployed, lower paid coaches in their mid 20's leave the industry for salaried jobs when they investigate the prospect of getting a mortgage.

This coaching company approved scheme is designed to be a fully integrated part of the coaching companies training and development programme. It ensures that coaches develop high level skills, remain in employment and ensure that the coaching company wins repeat bookings based on the high standards of the Physical Education demonstrated by its coaches.

It will achieve this by:-

- Increasing coaches skill level in delivering P.E. Lessons, coaching sessions, and after school clubs.
- Equipping coaches to deal with large numbers of children with differing skill and motivation levels.
- Equipping coaches to plan and organise structured and progressive lessons and sessions.
- Enabling coaching companies to deploy the same coach for more hours in each school
- covering, Gymnastics, Dance, Games and Athletics without having to travel to several schools per day.
- Increasing coaches' billable hours, pay, satisfaction and retention levels and of course
- increasing childrens physical fluency.



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How does the scheme work?

Training

Each Training course is one day in duration and there are five courses – Games, Gymnastics, Dance, Athletics, and Positive Play. All candidates will receive a certificate of training and comprehensive teaching manuals, containing a teaching/coaching guide and all the lesson plans, activities and ideas that you will need for teaching in a primary school. The lesson plans are progressive and developmental and represent a whole scheme of work for children aged 4-11 years (reception, key stage 1 and key stage 2). There are 24 lessons for each school year, per subject.

Included in the different courses will be practical advice on:-

- i) The core skills and concepts that enable a breadth of Games experiences
 - ii) The core skills and principles involved in Gymnastics
 - iii) The core skills and principles involved in creating a Dance
 - iv) Development of core skills into techniques in Athletics
 - v) Meaningful physical activities at lunchtime
- Organisation of environment, equipment and children.
 - The structure of high quality lessons/sessions.
 - Teaching to National Curriculum requirements.
 - Teaching/coaching styles and strategies, use of demonstration and pace of delivery.
 - Safety, challenge and inclusion with large groups.
 - Games for understanding, gymnastic sequences, creating dances, developing efficient/effective performance in athletics.
 - Planning , performing and evaluating in Physical Education.
 - Assessment of pupils in the curriculum.

Training Day – Games

Training Day - Gymnastics

Training Day - Dance

Training Day - Athletics

Training Day - Positive Play Lunchtime Programme



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Development Days

The development days are designed to follow the initial training day and focus on elevating the practical skills of the coaches through the delivery of a day's high quality practical P.E.. The Val Sabin National Trainer will work with the coaches to broaden their experience and skills. It is recommended that the development day be run approximately 2-3 months after the initial training day.

Development Day – Games
Development Day – Gymnastics
Development Day – Dance
Development Day – Athletics

Assessment

The Assessment element of the scheme takes place in two phases:-

Phase 1 - Practical experience log.

This is completed by the coach who has attended the training course. They record a sequence of six lessons that they have taught in schools or clubs, identifying any problems, new learning opportunities and planned improvements. These logs are reviewed by the assessor prior to Phase 2.

Phase 2- Assessment Day.

Individual coaches who have attended a “coaches in the curriculum” course and groups of coaches from a single company may be assessed on the same day. They will deliver a series of progressive and development activities assigned to them on the day. The assessment will be conducted by the Val Sabin assessor and also by the attending coaches.

Assessment Day – Games
Assessment Day –Gymnastics
Assessment Day –Dance
Assessment Day - Athletics



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Approval and Re-assessment

Following the Assessment day in any given subject, coaches that have passed the assessment will be issued with a certificate in that subject. Each certificate is stamped with a date and successful coaches will be required to attend a further assessment day within three years to confirm the standard of their practice and extend their approval for a further 3 years. Each company will be given a certificate to use for marketing purposes and will have their company name together with a list of Approved Coaches posted on the Val Sabin Website for Schools to refer to. Val Sabin will supply the company embroidery pattern to coaching companies to add to their corporate work wear.

Numbers per course

There will be a maximum of 30 places per course for training and development days. Assessment days have a maximum of 15 coaches to be assessed to maximise each coaches time spent taking lessons/sessions. Coaches may attend as many training, development and assessment days as required

Pricing

The price for the scheme is bespoke and may be increased if the coaching company wants to include more development days to intensify the pace of development. All prices quoted will have trainer's expenses included in the monthly fee.

Payment

Once the Approved Scheme has been agreed then the cost will be broken down into 12 monthly payments. Should the scheme be terminated part way through a year then to calculate the amount outstanding a sum of £1000 per trainer day plus expenses used will be applicable?

Company Licence fee

The manuals and use of the Val Sabin logo and brand are subject to an annual licence and are copyright protected. The Company Licence fee is £100 per year per discipline.

The fee is included in the monthly payment, should the arrangement for the Approval scheme be terminated by the coaching company then the license fee becomes applicable for the next and subsequent years. Each subsequent year is £100 per discipline to renew the licence. Licensees are entitled to 50% discount on subsequent manual editions and a 10% discount on other Val Sabin publications.

Disclaimer

Val Sabin Publications and Training does not accept any liability for the safety and competence of coaches to practice. Final responsibility for the safe practice of coaches in the employ of the coaching company rests with the coaching company and the Head Teacher in the client school who have direct control and supervision of the coaches.

The coach and or coaching company is, and shall in all events be, an independent contractor and not an agent, partner, employee or representative of the Val Sabin Publications and Training for any purpose whatsoever.



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Val Sabin, DIP.PE, B.ED.Hons., MA

Val Sabin initially trained as a Physical Education Specialist at Bedford College and has worked with children of all ages, students and teachers for over 35 years on all aspects of Physical Education. Val is internationally known for the quality of her teaching and her ability to enthuse. Many children taught by Val have succeeded in team and individual competition at local, regional and national levels. Val Sabin was a teacher, a Head of Department, and Advisory Teacher in Northamptonshire, a Senior Lecturer in Physical Education at De Montfort University in Bedford, has been an OFSTED Inspector for both Secondary and Primary phases and is the author of over 30 teaching manuals and. Currently her main work is as Consultant, Advisor and Trainer guiding the delivery of gymnastics, games, dance, Positive Play, PE Administration, Activate and Action Kids Foundation Stage physical development with fun courses for teachers and teacher trainers throughout the UK.