

Rhiwabon Development Centre PE and school sport

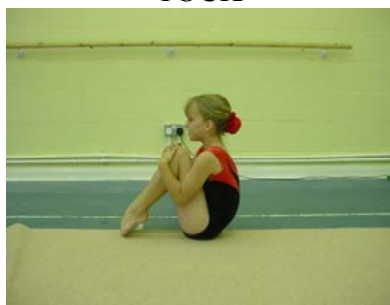
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Happy New Year. Rhiwabon Development Centre got off to a great start in our 2nd year of operation. We managed to obtain the services of Jan Gadd, an ITET tutor from Cardiff, to deliver a gymnastics course for teachers, Key stage 1 and 2, from both Rhiwabon and Darland DCs. This resulted in over 50 teachers attending the course in November. The feedback from the practical element of the course has been excellent.

Each school left the course with a detailed resource pack including;

TUCK



TEACHING POINTS:

- Knees tight into chest
- Straight or slightly dished back

- Teaching cards on body schooling, alphabet routine, prime select positions and prime skills. (see above example)
- Progressive lesson plans - RECIPE
- Apparatus layouts
- Information on Safety and risk assessment in gymnastics.

Paddy will be visiting 4 new schools, Acrefair, St Mary's, Ceiriog and Cefn providing mentoring support to follow up the gym course. Paddy will also be completing the follow up support for school that were unable to complete their autumn term mentoring

Delyth Jones, P.E. and School Sport Co-ordinator
Tel: 01978 297436 Mobile: 0781625618
e.mail - delvth.jones@wrexham.gov.uk

due to Christmas activities. At present, his Spring term timetable shows 25 visits to Development Centre schools. Paddy and Delyth will be attending a national gym review meeting on 8th February to feedback on progress to date.

Dance

Again we have secured help locally from Paul Davies, North East Wales Dance. A dance working group was set up to drive the dance initiative forward. Included in the working group are Sue Glover (Maes Y Llan) and Nicola Maddocks (Cefn), Paul Davies and input from Claire Ballamy from Ysgol Rhiwabon. This working group has challenged Paul to come up with simple but comprehensive lesson plans based on the Val Sabin scheme. The working group also suggested that Paul runs a dance workshop for teachers.



This was held at Cefn Mawr school on 13th and 27th January instead of their staff meeting. 14 teachers attended the course, the majority of these from Cefn school, with other staff attending from Chirk Infants, Maes y Llan, Rhosymedre Infants and Juniors. Paul will be mentoring staff from the above schools during the Spring term.

Paddy Bingham, D C Manager
Tel: 01978 814911 01978 822392
Email: Paddy.Bingham@rhiwabon-high.wrexham.sch.uk