

## CPD Course Title:

# Pro Ride Cycling Instructor Workshop (1 day)

### Who should attend?

The course is designed for Teachers, TA's and other support staff interested in developing cycling activities in their school. You don't need to be an active cyclist to be involved in running the Pro Ride program, but if you are keen to see children more active and occupied in outdoor pursuits, this is an ideal course for you.

### Course content:

The course is a mix of outdoor, practical sessions and indoor classroom workshops. Over 50 different activities are explained and demonstrated during the day with practical hints and tips on the best way to deliver cycling sessions and how to get the best from the groups you are instructing. You will learn how to deliver a variety of fun, engaging and competitive cycling activities which have been developed and tested in a primary school environment over the past three years. The practical sessions will show delegates how to set up various cycling circuits on different surfaces and deliver a series of fun, engaging activities that can be used for a PE lesson, after-school club or for in-school and inter-school competitions. The workshop also provides an opportunity to see how the program works in practice with at least two demonstration sessions using classes from the host school. The aim of the course is to encourage more schools to adopt cycling as a regular activity to increase interest in the sport and to benefit health and the environment.

### Course tutor

The course is delivered by Phil Bateman, Program Director of Pro Ride. Phil is a qualified teacher, level 2 cycling coach and former Olympic cyclist with over 20 years of competition experience. Phil first introduced the program following the visit of the Tour de France to Yorkshire in 2014. Since then Phil has developed the program as an ideal activity for timetabled PE lessons, after-school clubs and competitions.

### Benefits of the Pro Ride program

The Pro Ride program is a versatile and adaptable framework that allows schools to develop cycling as a sustainable, whole school activity for all kinds of events and activities. It is an ideal platform for introducing older primary school children to the sport of cycling in its many forms and has been proven to be applicable to many different situations and school environments where limitations of space and amenities can be easily overcome. It is flexible enough to cater for different age groups, group sizes and abilities and is suitable for a wide range of applications.

### How will I benefit from attending the course?

You will gain lots of practical ideas for running cycling sessions and see first-hand how the program is

delivered to children of different ages and abilities and in different environments. The one-day course will equip you to:

- Plan and deliver a program of structured cycling sessions
- Set up different cycling circuits and activity areas on both grass and tarmac
- Deliver a six-week program for PE lessons or an after school club
- Use a wide variety of games, challenges, races and other activities that can be used in sessions
- Prepare for school and inter-school cycling competitions
- See the potential for cycling as a sustainable, whole school activity for the future

Once you have attended the training workshop, you will be equipped to prepare, plan and deliver a series of progressive, engaging cycling sessions based on the Pro Ride model. The course does not qualify you as a cycling coach but will equip you with the skills and knowledge necessary to deliver effective cycling sessions in your own school. If you wish to broaden your skills and/or coach cycling activities to groups outside of your school, we recommend you contact the NGB organisation, British Cycling, who have a number of other courses designed to extend your expertise and become a fully-qualified coach.

#### How is the course structured?

The workshop is a one-day programme running from 9.15am to 4.00pm. With an emphasis on practical learning, the workshop focusses on practical outdoor demonstrations supported by classroom theory. You will have the opportunity to see two separate sessions in practice demonstrated outdoors using both grassed tarmac surfaces. There will also be practical demonstrations of how to set up the tracks and circuits using simple equipment. The final session of the day will give information about, safety and risk assessments, how to run competitions in school and a time for feedback and questions.

#### Course handouts

A detailed training manual will be provided to each delegate as part of the course. The manual is an invaluable resource and covers everything the instructor needs to know to set up and deliver the program in their school. It contains descriptions of each cycling activity, gives detailed instructions for setting up the circuits and provides two sample 6 week schemes of work and session plans, one for Year 3/4 and one for Year 5/6. It also includes an equipment list, sample risk assessment paperwork and details of links to other cycling organisations you will find helpful. Slide handouts are also available for those who require them.

#### What do I need to bring to the course?

You will need to bring a packed lunch (tea and coffee is provided). As most of the workshop will be based outdoors and part of the course involves delivering some of the activities to the rest of the group, we ask that you bring your bike and helmet although not doing so will not preclude you from taking part in the sessions. Since the sessions may be held in changeable or cold weather you are advised to bring suitable outdoor clothing and footwear. A camera would also be useful to record some of the practical inputs although pictures of children are not permitted.



### Provisional Itinerary and timings

9.00am - 9.15am	Welcome, Introductions and Objectives
9.15am – 9.45am	Overview of the program and its applications
9.45am – 10.15am	Setting up activity areas and equipment checks – outdoor session
10.15am – 10.45pm	Session activities 1 – examples of games, challenges and races – outdoor
10.45am – 11am	Break
11.00am – 12.15pm	Session activities 2 – more examples of games, challenges and races – outdoor
12.15pm – 1.00pm	Lunch
1.00pm – 2.00pm	Year 3/4 Session demo – outdoor
2.10pm – 3.10pm	Year 5/6 Session demo – outdoor – Trainees to assist/practice
3.10pm – 3.25pm	Break
3.15pm – 4.00pm	Final session – Use of manual, Competitions, Risk assessment, Q&A and feedback.

### Course costs

Attendance on a scheduled course costs £125 per trainee. Schools, trusts, partnerships or other organisations wanting to organise their own event may do so providing there are a minimum of 4 trainees per course. A discount scheme is available for group bookings (please call for details).

Pro Ride Coaching Ltd

Tel: 01274 614473

Mob: 07506 914631

Fax: 0191 383 4257

Email: [admin@proridecoaching.co.uk](mailto:admin@proridecoaching.co.uk)

Website: [www.proridecoaching.co.uk](http://www.proridecoaching.co.uk)