

# TEACHERS/REFRESHER COURSE NOTES 2024/25

Please find some basic information regarding Part 1/Part 2 /Refresher Teachers Trampoline courses. I hope you find this useful. When you have had a chance to peruse it get back to me (happy to discuss 07950 267655). For context, I do 99.99% of all the courses in London and many beyond. I have been doing these courses for 25 years with overwhelmingly good feedback. I am a BG High Performance Coach. I was a PE teacher of many years (and latterly a Headteacher and Assistant Director of Education) so I am fully aware of the challenges of delivering Trampolining in a school setup!

In brief:

- My tutor fees are £400 per day irrespective of numbers. The more you can get on the course, the cheaper it becomes.
- There is a fee payable to British Gymnastics of £25 per head for registration and resources.
- Numbers would be dependent on the number of trampolines available (ratios are 1:5 with a maximum of 16 on 4 trampolines – know the numbers don't add up but this is BG rules)
- It is useful if you can provide a projector with HDMI input or similar but if you can't I'll bring my own
- Car parking space please, given the amount of stuff I bring with me.
- Part 1 is 12 hours (2 days) contact time and part 2 is another 12 hours contact. Unfortunate, these hours are mandated by British Gymnastics and are non-negotiable.
- Part 2 covers the higher level GCSE skills (e.g. somersaulting etc).
- It can be very helpful if we can "borrow" some students for the part 2 course for manual supporting practices.
- Delegates don't need to be able to trampoline but they must (BG words) "be fit and able to participate". I always advise individuals to contact me directly to discuss their needs if this may apply.

## All Courses

British Gymnastics have implemented new processes for booking and delivering teachers courses. In order to apply to host a school teacher course, I need to log in to the BG site and request a booking. BG then "review and agree" the course.

**An absolute minimum of 6 weeks' notice is required. I can no longer run "short notice" courses**

**To access your certificate for this course, you will need to register your details with British Gymnastics.**

**Individual delegates must register online with British Gymnastics. THIS NEEDS TO BE COMPLETED BEFORE 12PM ON DAY ONE OF THE COURSE OR YOU CANNOT BE CERTIFIED**

## **Teachers' Trampoline Course access.**

British Gymnastics now allows any teachers who hold QTS/QTLS status or individuals working towards this, to access the Teachers' Trampoline courses. Previously, only those specifically qualified to teach P.E. were able to access these. **Unfortunately others will need to do a "BG Coach" award. All candidates must be, fit to participate, with the ability to perform basic trampoline skills.**

## **Fees and Resource/Registration Fees**

I charge a flat rate fee of £400 per day and British Gymnastics charge £25 per head for registration and resources for both teachers and refresher courses. As long as Pt1 and Pt 2 are considered to be the same course only 1 BG fee is payable. As long as the two courses are booked simultaneously (even of some time apart) they are usually considered to be one course). Please note, a British Gymnastics course resource must be provided to all learners irrespective of course

**Ratios:** The number of candidates on a course is dependent upon the trampolines available.

The current maximum numbers of candidates are:

- 1 trampoline - 5 candidates,
- 2 trampolines - 10 candidates,
- 3 trampolines - 15 candidates
- 4 trampolines - 16 candidates.

## **The courses**

The course is in two parts, each part is 12 hours course time (this excludes breaks). The main difference for teachers is that Part 1 has no practical examination and the Part1 is a 'stand alone' qualification. The practical element of this course is internally assessed throughout the duration of the course by the course tutor. Part 2 only has a 45 minute written examination at the end of the course. Pass Mark: 60%.

British Gymnastics have become aware of a number of tutors trying to help people by doing *reduced time* courses with small numbers of participants. Consequently, there are now some tutors for whom British Gymnastics will no longer be offering work or using their services as a tutor and/or assessor.

As I am sure you will appreciate, I cannot afford to be placed in this position so, all my courses are the full number of days and I am unable to significantly reduce the time allocated for the courses I run. It is, however, always worth enquiring about flexible hours/days etc if this assists with cover. I have run courses over a number of weeks with different days each week to avoid hitting the same classes etc, and I started courses as early as 7.00 recently.

Part 1 and part 2 are separate courses of 2 days each part (thus 4 days in total for the full course).

The course can be 4 individual days/ 2 x 2 or 4 together. **All is negotiable. Please phone me (07950 267655) to discuss.**

Part 1 is 12 hours (2 days) contact time and part 2 is another 12 hours contact.

Part 2 covers the higher level GCSE skills(e.g. somersaulting etc).

It can be very helpful if we can "borrow" some students for the part 2 course for manual supporting practices.

#### **Syllabus Level 1:**

Level 1: This course covers:

- setting out and packing away
- trampolining code of practice
- shaped jumps
- half & full twist jumps
- skills up to and including  $\frac{1}{2}$  twist into and out of the seat, front and back
- front and back landing
- Basic combination of skills
- swivel hips & roller
- Kipping techniques and basic biomechanics

#### **Theory:**

- Safety
- Competitions (introduction)
- Quality and Proficiency Scheme

#### **Syllabus level 2:**

Level 2: (Part 2) This expands on Level 1 and includes:

- full twist in to and out of seat front and back landings
- observation & analysis
- cat twist
- complex twisting skills including full twist into and out of body landings
- progressions leading to forward and backward somersaults
- half turntable
- cradle

#### **Theory:**

- Biomechanics
- Competitions
- Routine construction and tariffing

Also revision of theory for Part 2 written examination

#### **Refresher courses.**

British Gymnastics expect/recommend that teachers of trampolining attend a refresher course every 3 years. This is a one day, non examination course of 6 hours.

**It is possible to run a refresher course alongside a part 2 course (or alongside a part 1 course if only the part 1 is being "refreshed") as long as numbers are small. It is not possible to run a refresher of more than, say 2 or 3, alongside a full course.**

*The refresher course can only refresh British gymnastics or older British Trampoline Federation courses. There have been a number of courses run across the country over the last 18 months whereby the delegates on the course were not actually British gymnastics qualified. A number of other courses have existed in the past such as the old Southern counties PE Association, some local authority courses, and some courses which were run at a number of universities by Tony Scott who was **not** a British gymnastics tutor and therefore did not deliver British gymnastics courses.*

Some answers to commonly asked question:

- Minimum numbers needed to run the course: can be hard to motivate small numbers and they get pretty tired but happy to work with whatever.
- My tutor fees and availability: I charge a flat rate of £400 per day (London Area) so the more people you get on the course the cheaper it is. This is assuming that a school/centre is giving facilities for free. This doesn't include the £25 BG fee per head. (I will include this in the invoice if you wish, or you can book directly. My availability weekdays is good (see attached), and most teachers don't want to give up their weekends. Weekends are a bit more limited. I attach my current availability but this does change quite frequently so best to phone me when you've had a look.
- Other courses? There are other courses available to teachers from organisations not affiliated to the National Governing Body (British Gymnastics). Whilst not commenting on such courses, should teachers opt for non NGB courses, I would strongly advise checking!!

If children can be provided (experience not really necessary) it is useful for Part 2 and refreshers although most PE teachers want to have a go and it is hard to get them off the trampoline!

### Timings

Please note that the timings below are *very approximate* and are only intended to be indicative. Precise timings will depend upon the school day times, the school lunch times, the experience of teachers on the course etc. Skills in red indicate where children can be beneficial for the course.

*Where a refresher course is being run alongside a P1/P2 course it will be run alongside Day 2 Part 1 or Day 1 Part 2*

### Part 1 Course

	DAY 1		DAY 2
9.30 AM	INTRODUCTIONS	9.30 AM	SET UP
	SCENE SETTING	10.00AM	FRONT LANDINGS
10.00 AM	SETTING UP EQUIPMENT		COMBINATION SKILLS
	SAFETY	11.00 AM	BACK LANDINGS
	SPOTTING ETC	12.00 NOON	ADDING TWISTS
10.45 AM	TWISTING		BACK, TWIST OUT
11.30 AM	SEAT LANDINGS	1.00 PM	LUNCH
	ADDING TWISTS	1.30 PM	PPT PRESENTATION
1.00 PM	LUNCH	2.00 PM	COMBINATION SKILLS
1.30 PM	PPT PRESENTATION		ROUTINES
1.45 PM	CLASS ORGANISATION	2.30PM	ROLLER
2.00 PM	BASIC ROUTINES	3.00 PM	1/2 TWIST INTO BACK LANDINGS
2.15 PM	FRONT LANDINGS		1/2 TWIST INTO FRONT LANDINGS
	COMBINATION SKILLS	4.00 PM	FINISH
3.00 PM	ADDING TWISTS		
	FRONT, TWIST OUT		
4.00 PM	FINISH		

### Part 2 Course

	DAY 1		DAY 2
9.30 AM	SET UP	9.30 AM	SET UP
10.00AM	REVISION/ROUTINES	10.00AM	FRONT SOMERSAULTS
10.45 AM	BODY LANDINGS, FULL TWIST		SHAPING SOMERSAULTS
11.30 AM	FRONT SOMERSAULTS	11.30 AM	BACK SOMERSAULTS
1.00 PM	LUNCH	1.00 PM	SHAPING SOMERSAULTS
1.30 PM	PPT PRESENTATION	1.30 PM	LUNCH
2.00 PM	FRONT SOMERSAULTS	2.00 PM	REVISION
3.00 PM		2.30PM	CAT TWIST
4.00 PM	FINISH		HALF TURNTABLE
		3.00 PM	WRITTEN ASSESSMENT
		4.00 PM	FINISH

I hope the above makes sense and is useful. Feel free to phone me (07950 267655) for any further clarification or to discuss queries and specifics

I Look forward to hearing back from you.

**You may wish to share the following page with your SLT.**

Colleagues,

I fully understand the challenges which schools face, but I would request that, in the event of having to cancel Teachers' trampoline courses or individuals participation in the course, you try to give me as much notice as possible.

I must give British 'Gymnastics at least 6 weeks' notice in order to register courses with them. Cancellations after this time usually leaves me with unused resources, including the BG books at £25 each which are non-refundable. Whilst these are eventually used. Such expenditure is inconvenient both in terms of storage and cash flow!

## ATTENDANCE

As an ex-deputy and head teacher, I am fully aware of the difficulties in providing cover for colleagues. However, on several recent courses, teachers from the host school have not been adequately covered for the duration of the course by senior leaders.

What this means in practice is that sometimes teachers who are on the course, leave in order to do break duty, lunch duty or other predictable roles such as being called out to attend meetings, which becomes a major issue and which means that delegates miss significant amounts of the course. In these cases I have to extend the course finish time which greatly inconveniences other course delegates who have to stay longer),

Naturally, I appreciate that ad hoc situations and emergencies can occur within the school situation, and I can always accommodate these where possible, but predictable absences need to be covered.

Notwithstanding the above however, it is important to note the following:

1. The trampoline teachers award (and a refresher course every three years), is the minimum requirement recommended by British Gymnastics and the Association for Physical Education for teaching trampolining in curricular and extracurricular activities.
2. Schools frequently offer trampolining as an individual activity as part of the GCSE course requirements since it is an area in which children frequently perform better.
3. Teachers delivering trampolining without having taken part in an appropriate course would certainly be considered to be negligent in the event of accident and subsequent court case
4. British Gymnastics require 12 hours participation each for both part one and part two courses. In practice it is very difficult to cover all the requirements in this time and it is not possible to reduce the amount of participation time.
5. **If a colleague has to absent themselves for significant amounts of time, I reluctantly have no option but to "fail" that colleague** because, in the event of an accident, I could personally be held liable as the tutor for failing to ensure that they were adequately trained.
6. **There can be no refunds in the event of non-participation or failure to complete the full 12 hours per course.**

John Wotherspoon

British Gymnastics Tutor and Assessor