

Cycling for Schools



Course	Cycling for Schools
Date	Thursday 20 th April
Time	9 – 3pm
Venue	TBC
Further information	Cycling for Schools is British Cycling’s entry-level coach education course for the wider schools workforce, QTS and non-QTS, providing all you need to know to deliver entry-level cycling and coaching skills to the pupils in your playground.

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In addition to teachers, Cycling for Schools is open to all adults (aged 18 and over), who work or volunteer within the schools sector.

Qualified teachers can attend a one-day interactive workshop, which provides them with the essential information and skills to deliver engaging cycling activities within the school environment.

Adults without a teaching qualification can complete coaching theory home study to gain essential underpinning knowledge before attending the same one-day interactive workshop as teachers.

Cycling for Schools

What are the benefits of Cycling for Schools?

Cycling for Schools is an ideal introduction to delivering cycling activities within your school environment. In addition to the elearning and one day of delivery, you will receive:

- British Cycling Level 1 Coaching Handbooks: Introduction to Coaching Cycling and Introduction to Coaching
- British Cycling Go-Ride Gears 1 and 2 Coaching Workbook, which contains a variety of coaching activities appropriate for delivery on playing fields, car parks, tennis courts and in larger gym
- Six complete session plans
- Example warm ups and cool downs

Following attendance at a Cycling for Schools course, you will be able to prepare, deliver (in your capacity as a school employee or volunteer) and review cycling sessions, based on the exemplar activities given in the Workbook and sample session plans.

These cycling sessions will be delivered on your school property and under your schools insurance only.

If you wish to broaden your remit and/or coach cycling activities outside of your school, you can subsequently top-up the course and become a fully-qualified British Cycling coach.

Two conversion routes are available, allowing you to upgrade to either the British Cycling Level 1 Award in Coaching Cycling or the British Cycling Level 2 Certificate in Coaching Cycling. Further information can be obtained from British Cycling Coaching and Education.

What will I learn?

With an emphasis on practical learning, Cycling for Schools will help you understand the cycling and coaching process, and begin to develop essential coaching skills. You will have the opportunity to practice coaching cycling techniques, guided and supported by experienced British Cycling coaches and Coach Education tutors.

Topics covered on the day include: an introduction to the six disciplines of cycle sport; essential equipment for coach and rider; improving performance of the core cycling techniques; how to prepare, deliver and evaluate effective coaching sessions; and developing your riders.

Topics covered in the coaching theory home study: an introduction to the coaching process, recognising good coaching practice, effective communication, managing behaviour and providing a safe coaching environment.

You will not be required to undertake any formal assessment.

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Do I need to bring anything to the course?

During some of the practical activities you will be required, if able, to participate as a rider for the other trainee coaches. You must supply your own bike and helmet.

Bikes used for the session should be in good condition, have two working brakes and be appropriate for performing a range of activities based on core techniques such as cornering and gear selection. You should also wear clothing and shoes that are appropriate for cycling and the expected weather on the day.

How is the course structured?

- QTS candidates: simply attend the one-day practical workshop, all resources will be supplied on the day
- Non-QTS candidates: receive the Handbooks and the coaching theory home study in advance of the workshop and are asked to complete a series of reflective exercises related to planning, delivering and reviewing cycling activity sessions.

The one-day programme, from 9:00am to 4:00pm, is delivered using a mixture of classroom and (outside) practical sessions.

What support can I expect?

The Coach Education tutors will offer support and guidance throughout the day. You will also be encouraged to contact British Cycling's Coaching and Education Team, your local Regional Development Manager and Go-Ride Coach, who are available to offer support and guidance at any time.

How much does Cycling for Schools cost?

The course cost is usually £100 – but through Manchester PE Association's work with British Cycling the course costs to Manchester schools is only £50. There may be some financial assistance available. Please contact us for further details.

Read more at https://www.britishcycling.org.uk/coaching/article/coast_acat_award-Activity-Coach-Award-For-Teachers--ACAT---0#pAA6eoC6KHieBTFm.99