

Introduction to the S&C facility

Our one-day workshop is a professional development opportunity designed to build upon your existing knowledge and expertise, enhancing your skills and building the confidence to manage physical education sessions and training in the S&C facility.

The aims of this workshop:

1

Provide an expert induction for the staff team to use specialised S&C equipment.

2

To align all staff members with the standards and strategies for the organisation's physical development programme.

3

To provide the organisation with clear guidelines for use of the S&C facility to minimise the risk of harm and deliver an effective physical development programme.

Workshop focus points



Identifying and exploring the foundational skills essential for safe and effective utilisation of the S&C suite.

- You will explore the foundation movement categories and confidently be able to answer what they are and how they can be applied.
- Learn to design sessions with informative warm-ups that assess and educate.
- You'll then progress to performing loaded movements with 'free' weights such as dumbbells, kettlebells and sandbags, ensuring a safe and seamless transition.



Equipment Induction: Understanding the What, How, and Why.

We explain the usage of specialised S&C equipment, providing context for its appropriateness.

- Familiarisation with racks and barbells.
- Learn the workings of resistance machines.
- Explore accessory equipment.
- Examine 'cardio' equipment.
- Address requested inductions; we will cover equipment identified by team members.



Your S&C Suite: Ensuring Participant Safety and Optimal Use of Space and Equipment.

- Assess your organisation's S&C training culture, establishing clear objectives for the training environment.
- Develop strategies for youth physical development, outlining ideas for a comprehensive 'training competency' curriculum.
- Explore an example session to understand practical implementation of the discussed strategies.

Workshop structure:

The workshop will span a full inset day, from **09:00 - 16:30**. This professional development day is a **skill enhancement workshop**, and as such, encourages all team members to engage in the practical components. We are accustomed to working with participants of mixed ability and varied S&C experience, and know that immersion in exploring the physical skills and equipment builds confidence and helps educators lead their sessions more effectively.

For further information on our courses and workshops please get in touch at info@aperformance.co.uk or 02920 362 664

Find out more at aperformance.co.uk/courses

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