

ERASMUS+

ENGLISH LANGUAGE+ PROGRAMME FOR PE TEACHERS OTC 06

Course Ref:
OTC06

Entry Levels
CEFR English A2/B1

Daily Teaching Sessions

Monday to Friday

Total course contact hours
One week course: 25 hours

Maximum class size 14

Course Provider:

Alpha College of English
PIC 945 895 889

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in association with:

**Shadows Professional
Development Ltd**
PIC 949086219

ERASMUS+

This course is of significant benefit to non-native teachers of English:

- who need to enhance their own English language skills
- who wish to share ideas on best practice methodologies with colleagues from across Europe thereby improving the overall approach to social integration through the PE Department in their schools and, as a result, the overall school experience for their students.

Objectives

- To develop the English language skills of participants in order to improve their ability to communicate on sporting and social integration issues
- To increase confidence in attending and contributing to international conferences and training sessions where the main language is English in the area of PE and its importance for education in general.
- To explore current thinking on the physical and mental aspects of preparation for competitive sporting activities including strategies for helping to reduce pre-competition stress for young participants
- To consider and share experiences on ways in which PE departments can help in supporting confidence-building and social interaction across a school
- To promote awareness of contemporary Ireland
- To establish contacts between teachers from a variety of European backgrounds and facilitate future networking among these professionals.

Preparation

Pre-course Preparative Modalities:

- Needs Analysis
- Pre-course information on free on-line resources
- Pre-course cultural information
- Pre-Course general arrival information

Practical Arrangements

Intra-Course Modalities offered by the Course Provider

- Course Tutor
- Learning Materials
- On-going assessment and evaluation
- Setting of learning objectives
- Feedback on progress and areas needing special attention
- Guidance and advice on homework exercises
- 24 hour emergency contact number
- Accommodation service
- Optional cultural visits

Follow up provided

Post-Course Modalities

- A Certificate of Attendance and Achievement
- Europass Mobility
- Post-Course Forum

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Course Topics

English language Development

-Speaking, listening, reading and writing as well as pronunciation, vocabulary and grammar activities. Class work includes individual, pair and group work, discussions, debates, project work, presentations, written tasks and listening exercises.

Each week a project topic is introduced to the class and students present their project work to the class at the end of the week

Areas for improvement are addressed through revision sessions and progress tests.

PE Specialist Training

Coaching the Coach. Best practice in the area of mental fitness

The contribution of the PE teacher to the overall school environment

Course Content

The morning classes cover all the language skills - speaking, listening, reading and writing as well as pronunciation, vocabulary and grammar activities. Class work includes individual, pair and group work, discussions, debates, project work, presentations, written tasks and listening exercises.

Participants' needs are evaluated; learning objectives are set and participants receive focused feedback. Areas for improvement are addressed through revision sessions and progress tests

The PE teacher element is delivered by an Alpha teacher trainer in conjunction with trainers and sports personnel who are professionals in the area of developing intercultural awareness and social inclusion through sporting activities.

Format

This course on General English + Specialised Training for PE Teachers is a 1-week course consisting 20 morning General English Language sessions plus 2 afternoons in mini workshop format along with afternoon teacher-led cultural activities. Advice is provided on opportunities for extended Informal Learning and Personal Research related to their course on Saturday and Sunday

Sample Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:50	Placement Test/Evaluation of Speaking Skills. Induction	Building linguistic, strategic and pragmatic competences.	Building linguistic, strategic and pragmatic competences	Building linguistic, strategic and pragmatic competences	Review & progress test. Consolidation of language/ further skills practice.
Coffee Break					
11:10 - 13:00	Introduction to class project. Building linguistic competences	Building linguistic, strategic and pragmatic competences	Building linguistic, strategic and pragmatic competences	Building linguistic, strategic and pragmatic competences	Public presentation of project. Feedback on learner outcomes.
Lunch					
p.m. Visits	Orientation walking tour in city centre	Coaching the Coach: workshop exploring best practice in the area of mental fitness	Workshop: the contribution of the PE teacher to the overall school environment	Visit to GAA Museum and Stadium	Self guided cultural visit in city centre

Outcomes

- Increased skill and confidence in using English language
- Greater understanding of students' needs
- Greater awareness of strategies for increasing integration through the PE Department
- Greater awareness of current international thinking and approach to social integration in schools
- Improved school experience outcomes for their students
- Sharing of experience and knowledge with professionals from a range of European countries
- Increased knowledge of Irish history and culture
- Knowledge of Erasmus+ potential for professional development