

# 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: 27 hours

Maximum class size 14

### Course Provider:

**Twin English Centre**  
**Dublin** (formerly Alpha  
College of English)

**OID 10161024**  
**PIC 909 168 391**

4 North Great George's Street  
Dublin 1  
Ireland  
Tel: + 353 1 8747 024  
Email: [admin@twinireland.com](mailto:admin@twinireland.com)  
[www.twinenglishcentres.com](http://www.twinenglishcentres.com)

### in association with:

**Shadows Professional**  
**Development Ltd**

**OID E10070815**  
**PIC 949086219**

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### 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 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

## ENGLISH LANGUAGE+ PROGRAMME FOR PE TEACHERS

### 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

Functional Language for the PE teacher

Coaching workshop – contribution of PE teachers to overall school environment

Sports workshop: visit to sports club. Exchange of experience with sports coach

### 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 1 afternoon Functional English class, 2 afternoons in mini workshop format and 2 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	Functional Language for the PE Teacher	Coaching Workshop: the contribution of the PE teacher to the overall school environment	Sports workshop: visit to sports club. Exchange of experience with sports coach	Visit to GAA Museum and Stadium

#### Outcomes

- Increased skill and confidence in using English language
- Greater understanding of students' needs
- Greater awareness of strategies for increasing integration though 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

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