

**ERASMUS+ TRAINING COURSE: ENGLISH LANGUAGE+ PROGRAMME FOR PE TEACHERS:**  
**Improving individual performance, team development and social integration – Ref. OTC06**  
1 week. Language level B1/B2

**Alpha College PIC Number: 945 895 889**

This 1 week course on English Language Training + Specialised Training for PE Teachers is of significant benefit to PE teachers who need to enhance their own English language skills and 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**

The aims of this course are:

- 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 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 different school departments
- To promote awareness of contemporary Ireland
- To establish contacts between teachers from a variety of European backgrounds and facilitate future networking among these professionals.
- to produce high-quality learning outcomes for participants thereby re-enforcing the capacity and international scope of their schools

### **Pre-course Preparation**

- Pre-course reading list
- Pre-course cultural information
- Pre-Course general arrival information
- Needs Analysis

### **Support offered by Alpha College**

- Course Tutor
- Learning Materials
- On-going evaluation and monitoring
- Setting of learning objectives
- 24 hour emergency contact number
- Accommodation service
- Information on optional extra cultural visits

### **Follow up provided**

- A Certificate of Attendance
- Europass Mobility Documentation Completion

- On the final day of the course, the participants are encouraged to examine benefits gained from the course and how they can implement them in their own professional capacity
- Participants are encouraged to keep contact via email and private social networking and to join our forum for previous trainees
- Alpha trainers are available for follow-up advice and support when teachers return to their schools.

#### **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

#### **Format**

This course on General English + Specialised Training for PE Teachers is a 1-week course consisting 20 morning General English Language sessions as well as 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.

#### **Methodology**

The overall approach in the language development classes is communicative with students encouraged and facilitated to use the language learned in the classroom. The syllabus for the morning classes covers 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. 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.

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 afternoon language session will focus on functional language which is essential when discussing issues relating to the teaching of sport and PE as well as practical language needed for coaching young people in sporting activities

The afternoon input sessions on aspects of a PE teacher's work are interactive and will draw on the practical experience of trainers and participants. Our trainer, who qualified in sports education, will lead a session which involves an exchange of experience and knowledge on sports activities, followed by practical exercises which can be used as an icebreaker, to develop leadership and followership or to explore exclusion and bullying. The second workshop, which involves visiting a sports club to learn about and practise some of the skills involved in Irish sports of hurling, Gaelic football and handball. This enables participants to gain direct experience of using and hearing the functional language they studied and to exchange experience with a coach and trainer from the sports club.

## Course Programme

### Day one

- On arrival participants take a written and oral English language placement test. They also attend an induction session where they are given information about the school and Dublin. They also receive out-of-hours emergency contact telephone numbers for key Alpha personnel.
- Participants are placed in multinational English classes at their level and will follow the syllabus at that level for the remainder of the programme.
- An afternoon orientation tour of Dublin provides participants with an opportunity to practise their English in a more informal setting outside the classroom, familiarise themselves with the geography and history of the city.

### Day two

- Morning: Continuation of development of general English language skills in multinational class at appropriate level.
- Afternoon: Functional language for the PE Department

### Day three

- Morning: Continuation of development of general English language skills in multinational class at appropriate level.
- Afternoon: Coaching workshop, exchange of experience, examples of activities for ice-breaking, developing leadership and followership and exploring exclusion and bullying. The contribution of the PE teacher to the overall school environment and the fostering of high levels of social interaction and integration.

### Day four

- Continuation of development of general English language skills in multinational class at appropriate level.
- Afternoon: Sports workshop, visit to sports club to practise and experience use of functional language for sports, exchange of experience with sports coach. The group will be accompanied by the Alpha College trainer who led the coaching workshop and will provide any assistance required during the visit.

### Day five

- Continuation of development of general English language skills in multinational class at appropriate level.
- Afternoon excursion to GAA Stadium – museum focusing on Ireland's unique sports (Gaelic football and hurling) and their contribution to the social fabric of urban and rural communities in Ireland; the museum also includes an area for experiencing practice activities for these 2 sports

## Course Dates:

1<sup>st</sup> July 2019 (Extra dates for groups by arrangement)

## Course Fees:

€495 (Price includes tuition, learning materials, excursions and activities as outlined in the programme, completion of Erasmus+ documentation)

*(Participants on this course may extend their programme, if necessary, by taking a 1 week General English language training course for an extra fee)*

## Host Family Accommodation, single room, half board

€200 for 1 week (July and August 2019)

## Student Self Catering Accommodation: July and August only

€295 per week. Single bedroom, private bathroom, shared kitchen/living room. 5 minutes on foot from Alpha.

## Airport Transfers (optional)

arrival €70; departure €70

## Sample Timetable

English Language Training + Specialised Workshops for PE Teachers					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:50	Placement Test and Evaluation of Speaking Skills Induction/Orientation	Building linguistic, strategic and pragmatic competences.	Building linguistic, strategic and pragmatic competences	Building linguistic, strategic and pragmatic competences	Review & progress test. Consolidation of language and further skills practice.
<i>Coffee Break</i>					
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, critique and reflection Focused feedback on learner outcomes.
<i>Lunch Break</i>					
pm	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
Saturday and Sunday: Informal Learning. Self-guided research and cultural activities along guidelines from Alpha College					

## About Alpha College

Alpha College has been providing in-service training courses for overseas teachers for 18 years. The trainers are highly qualified and experienced and committed to providing professionally delivered training in a supportive environment resulting in high quality learner outcomes for participants. They are also practising teachers of English, experienced in using up-to-date methods with learners at all levels of language learning.

Alpha College is a full member of EAQUALS (Evaluation and Accreditation of Quality Language Services). As a result of the most recent 2-day EAQUALS inspection the Inspectors identified points of excellence in the following categories:

- Management and Administration
- Client Services
- Teaching and Learning
- Staff Profile and Development
- Course Design and Supporting Systems
- Internal Communications
- Assessment and Certification
- External Communications
- Academic Resources