ISPEC

INDEPENDENT SCHOOLS PE CONFERENCE

Tues 14th - Thurs 16th April 2020

BRYANSTON SCHOOL

Running for over 50 years, ISPEC continues to be the country's premier Physical Education & Sports Coaching Conference meeting all your Departmental INSET needs. The Conference caters for Senior and Prep school level and is unparalleled in the CPD opportunities afforded to it's delegates.

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ISPEC 2020

We are delighted to be returning to Bryanston for the 2020 Conference. The Conference again promises to be a very enjoyable and comprehensive event. As in the past, this year's programme has been based around the major sports and feedback from previous Conferences. ISPEC 2020 will deliver an extensive range of activities, suited to all age groups. Below is an outline of the sessions running, which may aid you in your planning.

- Athletics (Discus & High Jump) - In this session, you will learn all about the mechanical movements of both the discus throw and the high jump. This will then follow on into the progressive movements for the more able athletes that you have at your schools.
- Athletics (Sprints & Hurdles) - Here you will learn about technical aspects of both running sprints and hurdles and how to teach them optimally to your students.
- Badminton - An intense practical badminton course that highlights all the grips and techniques for all shots. Also, it will provide several practical ideas of how to manage big numbers in limited court space, whilst still developing game play, technique and tactics.
- Basketball – This session will provide a range of skills and strategies, together with ways of practicing and developing these with young players. Teachers will also be introduced to the rules and the ways in which they can be applied confidently in the school setting.
- Creative Games – A range of teaching approaches and curriculum content in order to achieve success for all pupils whilst still promoting excellence and achievement.
- Cricket (Intro) – The session will provide everything required to teach the game. Basic skills and strategies will be presented, along a variety of game formats suitable for the use with inexperienced players of all ages.
- Cricket (Advanced) – Cricket skills and exercises aimed at challenging the more experienced player and coach, including bowling.
- EYFS - A range of basic movement activities which help children create the building blocks for increasingly complex movements leading to games skills.
- Exam PE - This session will give a number of ways for teachers to help their students apply their knowledge more successfully in preparation to their exams.
- Football (Attacking principles in invasion games) - A session which will use inclusive games to show how you might teach attacking principles through multi-directional and directional activities, including how you might differentiate for a variety of learners.
- Football (Futsal) - An introduction to the fast paced small-sided format of football. The session will aim to show the differences between futsal and the traditional 5 a-side game, also giving a flavour of some activities you could use to develop skills which are transferable to football.
- Gymnastics (Floor) - This session will cover practical ideas for individual skills progressions on the floor. In addition, individual, pair and group balance work including building these short routines will be discussed.
- Gymnastics (Vault) - This session will focus on teaching the skills needed for various apparatus, including the vault. Safe physical supporting techniques and suggestions will be demonstrated. Springboard, bench, trampette work will also be taught.
- Handball - From complete beginner to experienced player, this session will provide teachers with everything they need to improve their student's play.
- Hockey (Non-specialist) - This session will cover individual core skills and the teamwork aspect of the game for basic coaching, encouraging game play and creating decision-making players.
- Hockey (Advanced) - This session will involve coaching points on some of the more specialist skills in the game. Skills taught will include penalty corners, forehand and backhand hitting, aerials, drag flicking and basic pressing.
- Invasion games (developing strategic thinkers) - This practical session demonstrates what it means for invasion games teachers to think like a video game designer. We will explore how to design invasion games practice which enhances the potential for pupils to think strategically. The focus of teaching using video game design is not on improving technique, skill or tactical decisions. Instead, its purpose is to develop metacognitive game skills where pupils are controlling their thinking and monitoring their progress, during game play.
- Lacrosse - In this session, we will cover how to teach the basic skills and then how to develop the whole player through drills and small games.
- Magic Academy Rugby - CARDS is an acronym for: Creativity, Awareness, Resilience, Decision-making and Self-organisation. They are the priority skills for helping develop the next generation of England Rugby players both on and off the pitch. This session will look at how each of these key components can help a player's learning pathway.
- Netball (Non-specialist) - This session will cover individual core skills and the teamwork aspects of the game for basic coaching, encouraging game play and creating decision-making players.
- Netball (Advanced) - We will introduce advanced technical skills and tactical ideas for developing success.
- Pilates - Using pilates to help create a sense of mindfulness in schools for novice students.
- Rugby (Advanced) - Strategies for continuity, breakdown, attack and defence through a variety of structured game play and exercise
- Swimming - This session is designed for teachers of curriculum swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. Practical demonstrations will present modern techniques and practices to develop each stroke with fault correction.
- Tennis (Beginner) - In this session, we will cover the basic skills for introducing kids to tennis. We will cover drills and games covered in the Tennis For Kids programme.
- Tennis (Advanced) - In this session, we will move beyond the general skills and move into more tactical play for the more advanced player. We will cover both singles and doubles tactics.
- Triathlon - This session will cover all aspects of the triathlon for the non-specialist teacher.
- Volleyball - A fast-paced progression of drills beginning with ball familiarization and the basics, moving into 2 v 2 and 3 v 3 games with increasing difficulty and challenge. Suitable for prep and secondary teachers.

TUESDAY 14TH APRIL		SELECT
12.00 - 13.00	Delegate Registration in the Cowley Room	
13.00 - 13.45	Lunch in the Dining Room	
13.45 - 14.00	Conference Welcome in the Cowley Room	
14.00 - 15.30	Handball - Stuart Lake	
	Swimming - Barney Gray	
	Gymnastics (Floor) - Siobhan Divers	
	Football (Attacking principals in invasion games) - Ian Parkes	
16.00-17.30	Football (Advanced skill using Futsal) - Ian Parkes	
	Hockey (Non-Specialist) - Jess Woods	
	Triathlon (Skills/Structure) - Barney Gray	
	Gymnastics (Vault) - Siobhan Divers	
19.00	Pimms Reception & Dinner	

WEDNESDAY 15TH APRIL		SELECT
08.00 - 09.30	Breakfast in the Dining Room	
09.30 - 11.00	EYFS - Caroline Park	
	Magic Academy Rugby - John Fletcher	
	Lacrosse - Kate Kiernan	
	Netball (Advanced) - Dani Mugridge	
11.30-13.00	Creative Games - Caroline Park	
	Rugby (Advanced) - John Fletcher	
	Tennis (Beginner) - Jack Indge	
	Netball (Basic) - Dani Mugridge	
13.00 - 13.45	Lunch in the Dining Room	
13.45 - 14.00	AGM in the Cowley Room	
14.00 - 15.30	Intro to Cricket - Caroline Park	
	Hockey (Advanced) - Jess Woods	
	Tennis (Advanced) - Jack Indge	
	Exam PE - Emma Stephens	
15.30 - 17.30	Trade Exhibition in the Sports Hall	
18.15	Champagne Reception followed by Black Tie Dinner	

THURSDAY 16TH APRIL		SELECT
08.00 - 09.30	Breakfast in the Dining Room (Rooms to be vacated by 9.30)	
09.30 - 11.00	Invasion Games (Developing strategic thinkers) - Amy Price	
	Athletics (Discus & High jump) - Darren Hatton	
	Badminton - Owen Collingbourne	
	Pilates - Janet Ball	
11.30 - 13.00	Athletics (Sprints & Hurdles) - Darren Hatton	
	Volleyball - Owen Collingbourne	
	Cricket (Advanced) - Carl Greenidge	
	Basketball - Ian Webb	
13.00 - 13.45	Lunch in the Dining Hall	
14.00	Conference closes and delegates depart Bryanston	

* Tutors subject to change and accurate at the time of going to press.

APPLICATION FORM

If you wish to attend ISPEC 2020 at Bryanston School please complete one form per delegate attending (please photocopy any extra forms or download from www.ispec.co.uk)

Applications to be sent to:

Doug Cooper
Reigate Grammar School,
Reigate Road, Reigate
RH2 0QS

Telephone:
01737 222 231
E-mail:
treasurer@ispec.co.uk

PLEASE TICK YOUR OPTION

☐ RESIDENTIAL DELEGATE:

To include Monday and Tuesday night full board accommodation, access to all lectures, complimentary Gilbert Kit, Exhibition, evening entertainments, access to all session notes and the Conference Dinner Dance.

Residential Delegate costs:

- ☐ 1 Delegate £320/£350*
- ☐ 2 Delegates £600/£660*
- ☐ 3 Delegates £885/£965*
- ☐ 4 Delegates £1,160/£1,260*
- ☐ 5 Delegates £1,430/£1,540*
- ☐ 6+ Delegates POA

* *Prices from 1st January 2020*

☐ NON-RESIDENTIAL DELEGATE:

To include access to all lectures, lunch, tea and coffee, complimentary Gilbert Kit, Exhibition, access to all session notes @ £140 per day

☐ MEMBER:

For delegates who are unable to attend the conference we offer Associate membership to receive access to all session notes at a cost of £50.

☐ I AM PAYING BY CHEQUE

I enclose a cheque for £ _____ as payment for the conference.

PLEASE MAKE CHEQUES PAYABLE TO: 'ISPEC'

☐ I WOULD LIKE TO PAY BY BACS (Details available on request)

SCHOOL DETAILS

DELEGATE NAME

SCHOOL NAME

ADDRESS

TELEPHONE

SCHOOL EMAIL

PERSONAL EMAIL
(Required for final joining instructions)

SPECIAL DIETARY REQUIREMENTS

WHERE DID YOU HEAR OF THE CONFERENCE?

IS THIS YOUR FIRST CONFERENCE?
YES / NO

Personal email address is compulsory - all confirmations and joining details will be sent out electronically by the end of March. It is essential that we have your personal email address to ensure all details are received.

CLOSING DATE FOR ENTRIES IS FRIDAY 6TH MARCH 2020. LATE ENTRIES CANNOT BE ACCEPTED