

Keep your PE lessons fun, ALWAYS!

The Activo® PE Sharing Series aims to forge a closer bond amongst our community of Physical Educators through the sharing of innovative lesson ideas and best practices that are **practical** and **effective**!

To register for these **FREE** workshops, email team@activo.sg or visit: www.activo.sg and search for "P.E.S.S. (PE Sharing Series)".

Workshop 1: NAPFA Training can be FUN!

Improve your students' NAPFA performance through fun and engaging activities!

Physical fitness is widely used as an objective measure of the effectiveness of Physical Education (PE) programmes in Singapore Schools. If not done well and in an interesting way, physical training can have a negative effect on students. Some may even be put off exercise altogether.

This practical workshop is conducted in two parts:

Part 1- Activities that are both fun and results in the desired training effects for NAPFA performance.

Part 2- Specific tips for technique correction and improved performance.

Registration
closes
17th Feb

Friday, 24 Feb 2012, ITE College East (3:00pm-4:30pm)

Presenter:

Mr. Mohammed Azhar Yusof
Lecturer, Physical Education and Sports Science (NIE)



Workshop 2:

SportSmart Skills

Enhancing Sports Performance through PE

SportSmart Skills was developed by the Singapore Sports School to hone the overall physical and games literacy of its students.

This sharing covers the rationale behind the development of the programme and some activities for your PE lessons.

Friday, 25 May, 3:00pm-4:30pm

Registration closes 18th May

Presenters:

Mr. Rodney Yeo & Mr Gary Tan
PE Teachers, Singapore Sports School

Workshop 3:

Plyometrics Explained...

Unsure about how to develop speed & explosiveness?

This workshop zooms in on **age-appropriate activities** for developing neuromuscular strength.

A must for PE teachers or coaches looking to improve the reactive speed and overall athletic ability of their students.

Friday, 24 Aug, 3:00pm-4:30pm

Registration closes 17th Aug

Presenter: Mr Alfred Sim,
BSC ESC, IAAF Level 2, CSCS
Head Coach (Reactiv)

Workshop 4:

Teamwork through PE

Teamwork & Fitness all at Once!

This workshop focused on how students can learn values and experience success as an individual and team by combining the ESL (Effort, Support, Learning) Coaching Model with simple fitness challenges that can be conducted during PE lessons or any leadership programmes.

Friday, 16 Nov, 3:00pm-4:30pm

Registration closes 9th Nov

Presenter: Mr. Hansen Bay, BA PE
Programme Director (Vitage
Fitness)

Co-Organizer

Supported by