

PE workshops for teachers, volunteers and coaches

**Wednesday 17th February 2010, Fortrose Academy
Workshops for PE staff.
£25 per person**

The morning session from **9am – 12noon** will consist of a practical workshop for teaching **netball** in high schools led by a **UKCC level 2** qualified coach, **Jermaine McCracken**.

The workshop will provide staff with fun approaches to introduce netball into high schools and encourage P6 P 7 pupils to develop a feel for the sport. The course requires 16 staff to present so please book early to avoid disappointment.



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**Salsa for beginners 1.30pm – 4pm
Fortrose Academy
£25 per person**

The afternoon session on **Wednesday 17th February 2010** will consist of a short curriculum for teaching **Latin Dance** for staff interested in using Latin music and rhythm in the classroom setting. Salsa North teacher and UKA qualified dance teacher **Jermaine McCracken**, will lead the session based on her own Latin dance

curriculum for couples dancing. Many schools already do traditional Scottish dancing for pupils and this is an opportunity to learn about another popular dance form that could inspire.



Tony Lara, European Bachata champion in 2007 with a student dancer.



'Seraphim' dance company entertain.

Both workshops will introduce some basic drills and practice skills associated with each form and are led by **Jermaine McCracken** who is currently chair of Highland Netball Association, a UKCC level 2 netball coach, a UKA professional dance teacher with Salsa North and health and wellbeing consultant with SaluVida. You are sure to be inspired and motivated during these workshops as **Jermaine** is passionate about netball and salsa.

SaluVida – greet life and make the most of it everyday!

Booking Form

Netball Skills workshop £25

Salsa for beginners £25

Name:

Designation.....

School.....

Email address for confirmation of your place

Telephone number.....

Enclose cheque for £25 per person attending each workshop payable to

Jermaine Allison-McCracken.

5, Coastguard Cottages,
Cromarty
IV11 8YL

To register for further details of training or to ask for specific training in your school please email Jermaine@saluvida.com or see the www.saluvida.com website for more information.

SaluVida



Continuing professional development opportunities for PE staff in the Highlands on Wednesday 17th February 2010 Fortrose Academy, Black Isle.