

Elements

Programme information sheet

WHAT IS IT?

The Elements course has been developed, and is delivered, by those working with young disabled people with profound and complex needs. The course is a 6 hour workshop designed to provide practical ideas and strategies around physical activity for staff working with young people who have profound and complex needs.

Normally the course consists of three 'Elements' that are delivered through facilitation and in a classroom situation. One of the Elements can be explored in more depth and in a practical context. Subject to which Element is chosen, the course will require access to either a Sports Hall (min 2 Badminton Hall area) or a Swimming Pool/Large Hydrotherapy pool.

Note. If the course is delivered over two days ALL Elements can be practically based.



Earth - games-based activities

Sensory environment encouraging individual reaction and movement;

Supported interaction developing basic skills;

Group settings to promote participation, anticipation and interaction.

Water - water-based activities

Promoting confidence and relaxation;

Achieving stillness and balance;

Stimulating movement and independence.



Air - outdoor adventure

Preparation of students and staff;

Specific equipment considerations;

Supporting and encouraging.

Fire - dance and movement

Using movement, sound and vibration to direct big movements;

Assisted and directed movement;

Self-expression and independent movement



The course also covers information on, manual handling, risk assessment and considerations when organising activities for young disabled people with profound multiple impairments.

COURSE ORGANISATION

The organising body/host agency will need to:

- allocate a course organiser for the course who will be responsible for all correspondence with the tutor and with the Youth Sport Trust;
- book a tutor from an approved national list and recruit the delegates for the course (maximum 25 unless more than one tutor);
- book and payment of an appropriate venue with flipcharts, paper and pens, a video, TV and CD player;
- provide lunches and refreshments for delegates;
- provide maps to the venue, and discussing logistics/content with the National Elements Tutor.

The Youth Sport Trust will:

- provide details of the nationally approved tutors of the Element courses
- provide one delegate pack per participant including activity cards and CD-ROM

Course costs

The course costs £500 (for one tutor) which includes the tutor fee, their travel and accommodation (if required).

Course resources booked prior to the course are £20 per set or £350 per 20 sets. Additional resources purchased after the course will be £30 per set (all prices include postage and packaging)

The Youth Sport Trust proactively seeks sponsorship to cover the costs of hosting an Elements course. On registering your interest please enquire with the Operational Support Unit as to any additional national funding that could assist you further.

HOW TO GET INVOLVED

To register your interest in hosting an Elements course, please contact:

Operational Support Unit
Youth Sport Trust
Sir John Beckwith Centre for Sport
Loughborough University
Loughborough
LE11 3TU

Tel: 01509 226600
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