

## More About Learning

From the GAIN PE Group - *"This aqua bag only weighs 8kg but the girls found this exercise challenging (and fun). Loading children in the Smith machine looks good on paper but the control is done externally. Physical education requires learning: the process might look scrappy but that's fine (if safe)."*



Check video at: [https://twitter.com/gain\\_pe/status/1512082841240104964](https://twitter.com/gain_pe/status/1512082841240104964)

This is the learning process in action. We all face such situations. What do you do next? What has been the journey up to this point and what will be the feedback and teaching decision that you will deliver next?

If we can get this part of the journey right then the limitations that we see later, when the movement patterns are exposed to the stress of speed, fatigue and pressure (competition), might start to be reduced. We need to create a generation of coaches who are absolutely brilliant at navigating all these movement-related journeys that form the building blocks of the specific movements associated with performance.

With physical literacy levels declining catastrophically we can no longer turn a blind eye to this element of the performance journey whether in the Physical Education setting or in the realms of Coach and Coaching Development. I have had some very preliminary chats with some concerned colleagues in recent times about this phenomenon. The latest thoughts included the creation of a pre-Coaching Certificate journey that takes the potential coach on a journey of introduction to the real world they will face. No use turning up to a Certificate course and not being readied to face the movement limitations that will be faced when the first session is conducted. Why not create a local / Club delivered series of short workshops that expose the learner coach to the practicalities of these movement foundations as a means of building

their knowledge and confidence in what they will really face in the teaching/coaching environment? There is so much more to the journey than the event / sports-specific actions and postures required to compete in the sport.

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