

Training of PE Teachers

Overview of the Training

Training dates:	11-15 October 2015
Training venue:	High School ABC, Kabul
Trainees:	12 teachers and 2 staff members of the Provincial Education Directorate (13 female and 1 male)
Trainers:	4 Master Trainers and 1 Supervisor from Directorate of Physical Education, Ministry of Education (all male)
Support team:	GIZ Sport for Development (S4D) team and BEPA

Objective of the training

The objective of this round of training program was to focus on volleyball and basketball skills, techniques, and umpire rules in accordance with the PE Teacher Guides for grades 10-12.

Content of the training

The content of this round of training included the following:

- History of volleyball and basketball in the world and in Afghanistan
- Basketball passes and catches
- Volleyball techniques of rotation, throwing the ball with fingers, mode, passes, services, and shoots
- Umpire rules and regulations for volleyball and basketball
- Dribble, pass, and catch techniques of basketball in a team and individual

For the detailed training content and plan please see Annex-A.

How did the Training Begin?

As usual, due to late comers, the first day of the training started a bit late. The Senior MT of PED, thanking GIZ/S4D for its support introduced the content of the training to the participants and commenced the first day.

What went well?

Leadership by DPE, MoE

The Master Trainers, particularly the two young ones were well prepared to conduct the training. They demonstrated their skills in volleyball and basketball. All MTs expressed their strong motivation and commitment to the seminar. They took the lead in both practical and theoretical portions of the training including the feedback.

Full Engagement of the Teachers into the Training

Since it was a highly demanded training and the teachers were waiting for it since the first round of the training, all the teachers were present for the entire training and they were all fully engaged in the sessions. They all expressed their interest and enthusiasm in learning new skills in volleyball and football, particularly the umpire rules.

Time Management

Though the first day started late, MTs managed to complete the planned training program. The MTs, cooperating with each other, managed the time very well.

Things to improve

Coordination and cooperation between Physical Education Directorate and Provincial Education Directorate needs to be improved. Provincial Education Directorate is responsible for circulation of official letters to each school to inform the PE teachers and the respective school administration about the venue, date and timing of the training. There has been miscommunication. As a result, most of the PE teachers are informed quite late even on the first day of the event. This is why there are normally late comers.

Annex-A. Training Content/ Plan

Time	Content/themes
Day One	
0800-0830	Facilitation team meeting جلهس نیم ستهیل کنیزه
0830-0900	Greeting and introduction of the training contents, facilitators and trainees شوځ دماید و معرفی از جای برهمان آموز شری، معرفی سامان نری اوزن و لعمین تربیت بدنی
0900-0945	History of basketball in the world and in Afghanistan تاریخ سبکتبال در جهان و افغانستان
0945-1015	Tea Break هفتو اچی
1015-1200	Practical session on basketball passes and catching and اکر عملی ختازیک اهی ساپ و بق
1200-1300	Lunch Break and Prayers هفتو ازن و نماز
1300-1345	History of volleyball in the world and in Afghanistan تاریخ چیه والیبال در جهان و افغانستان
1345-1445	Practicing first technique of volleyball (throwing the ball with fingers) اکر عملی لواین ختازیک والیبال (بندهم)
1440-1500	Wrap up of the day زنیهم گیری و ختم ورزش لوا
1500-1515	Facilitation team meeting جلهس نیم ستهیل کنیزه
Day Two	
0800-0830	Facilitation team meeting جلهس نیم ستهیل کنیزه
0830-0845	Quick review of day one and introduction of day two مرور خدمتور ورزش و لوا معرفی روز مود
0845-1000	Explaining and practicing rules and regulations of volleyball شتریح و شترین اووزین و قدررات ایزی والیبال
1000-1015	Tea Break هفتو اچی
1015-1200	Explaining and practicing rules and regulations of basketball شتریح و شترین اووزین و قدررات ایزی سبکتبال
1200-1300	Lunch Break, prayers هفتو ازن و نماز
1300-1400	Practicing 2 nd technique of volleyball (mode) آموشش ختازیک و دم (مدور) در والیبال
1400-1445	Strengthening first and second techniques of volleyball حتکیم ختازیک و لوا مود در بازی والیبال
1445-1500	Wrap up of the day زنیهم گیری و ختم ورزش مود
1500-1515	Facilitation team meeting جلهس نیم ستهیل کنیزه
Day Three	
0800-0830	Facilitation team meeting جلهس نیم ستهیل کنیزه
0830-0845	Quick review of day two and introduction of day three مرور خدمتور ورزش و مود معرفی روز مود
0845-1000	Practicing dribble techniques in basketball آموشش ختازیک در بیل در سبکتبال
1000-1015	Tea Break هفتو اچی
1015-1200	Practicing services techniques from different positions in volleyball آموشش ختازیک بر ویس از بایون و بغل در والیبال
1200-1300	Lunch Break, prayers هفتو ازن و نماز
1300-1445	Strengthening dribble, pass, and catch techniques of basketball in while practicing in teams. حتکیم ختازیک در بیل، پاس، و بق در لکش هیب تیمی در بازی سبکتبال

1445-1500	Wrap up of the day زینی هم گډی و ختم ورز موس
1500-1515	Facilitation team meeting جلهس نیم سهیل کنیزه
Day Four	
0800-0830	Facilitation team meeting جلهس نیم سهیل کنیزه
0830-0845	Quick review of day two and introduction of day three حرور خمصر ورز سوم و معرفتی روز چهارم
0845-1000	Practicing services techniques from different positions in volleyball آموشز ختیزیک سرویس از بالا و جانبیب در والیبال
1000-1015	Tea Break هفتو اچی
1015-1200	Practicing shoot techniques in volleyball آموشز ختیزیک شوت در والیبال
1200-1300	Lunch Break, prayers هفتو ازن و نماز
1300-1445	Practicing shoot techniques in volleyball آموشز ختیزیک شوت در والیبال
1445-1500	Wrap up of the day زینی هم گډی و ختم ورز چهارم
1500-1515	Facilitation team meeting جلهس نیم سهیل کنیزه
Day Five	
0800-0830	Facilitation team meeting جلهس نیم سهیل کنیزه
0830-0845	Quick review of day two and introduction of day three حرور خمصر ورز چهارم و معرفتی ورز خیم
0845-1000	Practicing rotation system and techniques in volleyball آموشز و نمرین عملی نمدون بیسیتم و درانی در والیبال
1000-1015	Tea Break هفتو اچی
1015-1200	Explaining the umpire rules in basketball شتریح اووزین و اداری در سبکبلا
1200-1300	Lunch Break, prayers هفتو ازن و نماز
1300-1445	Strengthening service, and shoot techniques, and umpire rules of volleyball. حتگیم ختیزیک سرویس، و شت، و و اداری والیبال
1445-1500	Wrap up of the day زینی هم گډی و ختم ورز خیم
1500-1515	Certificate distribution وتزوع نصتوق همان اه
1515-1530	Facilitation team meeting جلهس نیم سهیل کنیزه