

Aim:

To provide the underpinning knowledge and practice updates to enable PSIs to have the opportunity to review and progress their experience of both teaching and practising Tai Chi and to revise Tai Chi principles and the Tai Chi movements taught on the PSI course.

Learning Outcomes: At the end of the day the participants will be able to:

- evaluate their teaching and practice of Tai Chi
- practise, and teach at least three new Tai Chi movements
- demonstrate improved understanding and practise of the Tai Chi movements taught on the PSI course
- progress the PSI Tai Chi movements taught on the PSI course
- demonstrate their understanding and ability to competently perform the new Tai Chi movements
- demonstrate their competence in teaching the new Tai Chi movements
- critically evaluate the current evidence base for Tai Chi in preventing falls

Example Timetable

9.00	-	9.15	Registration, Welcome & Introductions
9.15	-	9.30	Tai Chi practice
9.30	-	9.55	Review of experience of leading/doing Tai Chi with students: questions that have arisen
9.55	-	10.15	Update on research: Tai Chi and preventing the risk of falls
10.15	-	10.55	Group Work: teaching each other
10.55	-	11.15	Refreshments
11.15	-	12.15	Introduction and practice of new moves (1): & Review of teaching points
12.15	-	1.15	Lunch
1.15	-	1.30	Tai Chi practice
1.30	-	2.40	Introduction and practice of new moves (2): & Review of teaching points
2.40	-	3.20	Introduction and practice of new moves (3): & Review of teaching points
3.20	-	4.00	Review of Tai Chi moves, Adaptations, Progression & Questions
4.00	-	4.30	Discussion and Questions

Timings are subject to change