

**This document illustrates how the Level 1 Award in Sports Leadership
may help to enhance and support the delivery of:**

The ASDAN Short Course in Sports and Fitness Awards Programme

Sports Leaders UK

Sports Leaders UK believes that everyone has the potential to make a meaningful contribution to their local community – but not everyone has the opportunity.

Sports Leaders UK is an awarding body which creates, develops and maintains a range of different qualifications and awards, all of which focus the development of leadership skills through a variety of practically based activities.

Level 1 Award in Sports Leadership

The Level 1 Award in Sports Leadership provides the ideal starting point for people aged 14 years and over who wish to develop their leadership skills. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sporting situations as well as contributing to the personal development of the candidate.

The Level 1 Award in Sports Leadership is a practical qualification in which candidates must demonstrate their ability to lead others in basic sporting or recreational activities.

The aim of this qualification is not to create mini PE teachers or sports coaches, but to give candidates an understanding of what it means to be an effective leader and knowledge of the skills and abilities they will need in order to lead others successfully.

This course is not based on a candidates sporting aptitude and at no stage will they be assessed on their technical knowledge or sporting ability. Candidates must have sufficient knowledge to lead others at an appropriate level, but it is their ability as a leader and not as a performer that will be assessed.

Background to ASDAN

ASDAN is an educational charity whose purpose is "to promote the personal and social development of learners through the achievement of ASDAN Awards, so as to enhance their self esteem, their aspirations and their contribution to the community". ASDAN programmes and qualifications blend activity-based curriculum enrichment with a framework for the

development, assessment and accreditation of key skills and other personal and social skills, with emphasis on negotiation, co-operation and rewarding achievement.

ASDAN Short Courses

ASDAN Short Course Awards offer an ideal route for recognising and rewarding young people's personal achievements and skills. There are no age limits for the Short Courses Awards, although the main focus is on the 13-19 age group.

Credits gained from successful completion of the short courses can count towards the ASDAN Bronze, Silver Challenge, Silver and Gold Awards. They may also count towards the Certificate of Personal Effectiveness (COPE) qualification and the Youth Achievement Awards

Mapping the ASDAN Sport and Fitness Short Course into the Level 1 Award in Sports Leadership

The Bigger Picture

All of Sports Leaders UK's qualifications are made up of units which themselves are comprised of Learning Outcomes and Assessment Criteria. The learning outcome defines what the candidate is expected to know, understand and/or do in order to pass each unit.

The assessment criteria define what the candidate will be expected to achieve, in order to demonstrate that the learning outcome has been met.

The 'Bigger Picture' lists all the Units, Learning Outcomes and Assessment Criteria and can be found on the back pages of this document.

Core Values

Each of Sports Leaders UK's qualifications and awards has 8 Core Values at the heart of them. These 8 Core Values are:

- Personal development
 - Helping people reach their true potential
- A stepping stone to employment
 - Providing a nationally recognised qualification

- Developing leadership
 - Teaching people how to organise activities, to lead, motivate and communicate with others
- Increasing qualifications
 - Enabling more people to gain nationally recognised qualifications
- Volunteering in communities
 - Encouraging people to lead safe sporting activities in their communities
- Reducing youth crime
 - By providing positive activities for them to be involved in
- Supporting more active, healthier communities
 - By providing leaders to organise a range of activity sessions
- Being inclusive
 - By increasing opportunities for a range of people to assess our training and awards

Working to a Set of Values

These values go hand in hand with the Learning Outcomes and Assessment Criteria. All candidates will be assessed on their ability to work towards the values listed below:

ATTITUDE
ENTHUSIASM
RESPONSIBILITY
COMMITMENT
INITIATIVE
RESPECT

RELIABILITY
CONFIDENCE
EFFORT
MATURITY
TOLERANCE
SELF CONTROL

The table over the page is comprised of 3 columns. The first column lists each aspect of the ASDAN Sport and Fitness Short Course whilst the second column shows how the Learning Outcomes and Assessment Criteria for the Level 1 SL may link to these elements. The third column demonstrates how our Core Values (CV) and Working to a Set of Values (WSV) might also be relevant to the ASDAN Sport and Fitness Short Course.

ASDAN Sports and Fitness short course programme challenges	Level 1 Award in Sports Leadership Learning Outcomes	Working to a Set of Values & Core Values
<p>Section A: Fitness</p> <p>Challenge 1 & 2 Part B Take part in simple fitness programme and keep a record of your training.</p>	<p>Unit 3: Lead a simple exercise session for a group whilst under supervision 1. Take part in the planning and delivery of a simple exercise session</p>	<p>WSV</p> <p>CV</p>
<p>Section B: Sports Skills</p> <p>Challenges 1 & 2 Attend a coaching or training session (as a leader) on a regular basis. Keep a diary of your progress.</p>	<p>Unit 1: Planning, preparing and assisting a simple sporting activity 1. Plan and prepare a simple sporting or recreational activity. 2. Deliver a simple sporting or recreational activity whilst under close supervision 3. Evaluate each session 4. Plan future sessions</p> <p>Unit 7: Demonstration of Leadership Skills in Sport 1. Organise a number of sports sessions, ideally in two different sporting or recreational activities for your peer group or lower age children.</p>	<p>WSV</p> <p>CV</p>
<p>Section C: Officiating</p> <p>Challenge 1 Show that you can take charge of organised small games such as tennis, badminton, table tennis, netball, basketball, five-a-side football You must show a basic knowledge of the rules</p> <p>Challenge 2 Show that you can control a game of your choice. You will need to demonstrate a detailed knowledge of the rules of the chosen sport</p>	<p>Unit 5: Understanding the role of the sports official 1. The role of the sports official 2. Rules and regulations of a number of sports and activities 3. Evaluation of performance of officials 4. Acting as an official for a number of sports and activities</p>	<p>WSV</p> <p>CV</p>
<p>Section E: Coaching</p> <p>Challenge 1 Show that you can organise and coach others within a small group and with supervision</p> <p>Challenge 2 Organise and run planned coaching sessions with the minimum of supervision.</p>	<p>Unit 1: Planning, preparing and assisting a simple sporting activity 1. Plan and prepare a simple sporting or recreational activity. 2. Deliver a simple sporting or recreational activity whilst under close supervision 3. Evaluate each session 4. Plan future sessions</p> <p>Unit 7: Demonstration of Leadership Skills in Sport 1. Organise a number of sports sessions, ideally in two different sporting or recreational activities for your peer group or lower age children.</p>	<p>WSV</p> <p>CV</p>
<p>Section F: Sports Study</p> <p>Challenge 1 Choose an area of sport that interests you and research it. Produce a report, including illustrations, in any format of your choice.</p>	<p>Unit 6: Understanding the scope of local sport and recreational activities 1. Demonstrate a knowledge of the range of local agencies and facilities that offer sporting and recreational activities to the community</p> <p>Unit 3: Principles and practise in delivering a basic health and fitness session 1. Understand and explain the factors which prevent individuals taking part in health related exercise. 2. Understand and explain the effects of diet, smoking, alcohol and age on the maintenance of a healthy lifestyle.</p>	<p>WSV</p> <p>CV</p>

LEVEL 1 AWARD IN SPORTS LEADERSHIP LEARNING OUTCOMES & ASSESSMENT CRITERIA

Unit 1 – Planning, preparing and assisting a simple sporting activity

Learning Outcome 1 – Plan and prepare a simple sporting or recreational activity

- a. Know what information will be needed in order to plan an effective session
- b. Be able to find information and research a topic before running a session
- c. Understand the structure of a simple session and how the content will change with age/ability of participants

Learning Outcome 2 – Deliver a simple sporting or recreational activity whilst under supervision

- a. Prepare and use equipment for activities that are safe and appropriate for the relevant age and ability of the participants
- b. Select and use appropriate facilities/area
- c. Organise and manage participants before and during activities
- d. Show appropriate flow and pace from one activity to the next to maintain the participants' interest
- e. Demonstrate an appropriate and safe ending to a session including the clearing away of equipment

Learning Outcome 3 – Evaluate each session

- a. Explain simply what went well, what did not go well what could be improved for future sessions.

Learning Outcome 4 – Plan future sessions

- a. Demonstrate that by evaluating each session the planning of future sessions can be improved

Unit 2 – Basic communication skills for leading a sporting activity

Learning Outcome 1 – Knowledge and basic proficiency in the chosen activities in order to demonstrate verbal communication, non verbal communication and use of a whistle

- a. Demonstrate the ability to communicate clearly with participants using a range of verbal and non verbal communication skills
- b. Demonstrate the ability to know how and when to use a whistle with confidence

Learning Outcome 2 – Communicating with groups and individuals involved in sporting and recreational activity

- a. Demonstrate the ability to communicate appropriately with groups and individuals in a sporting context

Unit 3 – Principles and practice in delivering a basic health and fitness session

Learning Outcome 1 – Understand the factors which prevent individuals taking part in health-related exercise

- a. Explain simply the range of factors which may prevent people taking part in physical activity
- b. Describe if and how it may be possible to overcome these issues

Learning Outcome 2 – The effects of diet, smoking, alcohol and age on the maintenance of a healthy lifestyle

- a. Explain simply the importance of a healthy lifestyle
- b. Describe the effects that diet, smoking, alcohol and age can have on a healthy lifestyle

Learning Outcome 3 – The development of a directory of local contacts offering health-related exercise

- a. Produce a simple directory of local agencies which offer opportunities to take part in health related activities

Learning Outcome 4 – Leading a simple exercise session for a group whilst under supervision

- a. Take part in the planning and delivery of a basic exercise session

Unit 4 – Understanding fair play in sport

Learning Outcome 1 - Throughout the course you have actively demonstrated and encouraged the concept of good sporting behaviour and fair play in sporting and recreational activities

- a. Understand and explain what is meant by fair play and ensure the basic principles are adhered to when delivering activity sessions
- b. Ensure that everyone is treated with respect and that low level disruption or disputes are dealt with in a confident and consistent manner

Unit 5 – Understanding the role of the sports official

Learning Outcome 1 – The role of the official in sporting activities

- a. Demonstrate basic knowledge and understanding of the role and skills required by a sports official

Learning Outcome 2 – Rules and regulations of a number of sports and activities

- a. Understand and explain the need to have rules and the effect that these rules will have on an activity
- b. Explain simply and be able to demonstrate how to condition games in order to make them enjoyable and relevant to the rest of the session

Learning Outcome 3 – Evaluation of performance of officials

- a. Be able to evaluate and comment upon the performance of officials at a range of levels

Learning Outcome 4 – Acting as an official for a number of sports and activities

- a. Understand and explain the basic rules of an activity and be able to communicate decisions clearly and confidently

Unit 6 – Understanding the scope of local sport and recreational activities

Learning Outcome 1- Demonstrate knowledge of the range of local agencies and facilities that offer sporting and recreational activities to the community

- a. List places within the local area where it is possible to take part in sport or physical activity

Learning Outcome 2 - Show awareness of the sports related courses of study that are available through schools, sports development teams, national governing bodies and other associated agencies

- a. Describe courses which can complement or follow on from this award and identify establishments within the local area which deliver these courses

Unit 7 – Demonstration of leadership skills in sport

Learning Outcome 1 - Organise a number of sports sessions, ideally in two different sporting or recreational activities for your peer group or lower age group children

- a. Complete a minimum of one hour of leadership experience using the skills and experience gained from Units 1-6 whilst under direct supervision.

Please note that the Level 1 in Sports Leadership is a nationally recognised qualification and is approved by the Qualification and Curriculum Authority (QCA). As a result of this approval this qualification appears on the National Qualifications Framework and is eligible for School Improvement & Attainment Points.

For further information please contact:

**Sports Leaders UK
23-25 Linford Forum
Rockingham Drive
Linford Wood
Milton Keynes
MK14 6LY**

**Tel: 01908 689 180
Fax: 01908 393 744**

**Web: www.sportsleaders.org
email: enquiries@sportsleaders.org**