

UNIT 1

CONTRIBUTE TO ORGANISING AND DELIVERING A SPORTS ACTIVITY SESSION

*Chart your progress.

On completion of this unit you **must** demonstrate that you can do the following:

	Skills and knowledge	Date(s)	Unit(s)
1	Identify the information required to run the session.		
	a) understand the planning required in order to deliver a sport or recreation session		
	b) be able to liaise with an external agency to organise a session		
2	Prepare a session plan that is appropriate to the aim of the session		
	a) provide evidence of planning for a session		
3	Prepare facilities and equipment for the activity session		
	a) understand the organisational requirements of preparing facilities for sport and recreation sessions		
	b) understand the organisational requirements of preparing appropriate equipment for sport and recreation sessions		
4	Prepare the participants for the activity session		
	a) understand the importance of preparing participants for physical activity		
	b) check and take action to ensure that participants are ready for activity		
	c) demonstrate the ability to run a simple warm-up activity		
5	Deliver a planned session that is appropriate to the group		
	a) deliver a planned session		
	b) work as part of a team to deliver a session		
6	Communicate effectively and appropriately with participants		
	a) understand and demonstrate the most effective way of communicating with participants when leading a session		
	b) demonstrate caring discipline with participants to ensure a safe activity		
7	Conclude and review a session		
	a) bring a session to a safe and meaningful conclusion		
	b) review the session with participants		
	c) evaluate your own performance as leader		