

### **Activity 1) Outline of course**

#### **Why do it?**

- ✓ first step on leadership ladder
- ✓ pass skills across to others
- ✓ help others to learn
- ✓ help yourself to get better

#### **What is going to be covered?**

- ✓ basic leadership skills...enjoyment, co-operation, organisation, safety, communication and responsibility...through fun activities

### **Activity 2) Follow my leader**

Teacher to start out as leader using just actions for children to follow (walking, jogging, star jumps, skipping, side stepping, backwards running, hopping).

Teacher drops to back for a new leader to take over.

Change format so that leader is shouting the instructions from the side rather than demonstrating and leading by example.

Review activity to list leadership qualities on whiteboard.

Hand out booklets to write in names and complete first page.

Introduce and explain basics of the STEP principle.

### **Activity 3) Train tag**

Using the whole area play this simple game of tag (see activity card).

When tagged children join up to form a 'train' or 'chain' (nb, for safety only up to 3 people in a chain, once at 4 people then chain splits to become 2 pairs).

Then play the game again but in a really confined area.

Review activity to decide the optimum playing area for the game (consider enjoyment, safety, level of success) and play again.

### **Activity 4) Ball tag**

Teacher to explain game to children (see activity card).

Children to discuss and then define and mark out a suitably sized playing area.

After playing the game ask children to adjust their playing area (smaller or larger) and try it again.

Review the activity to evaluate how the playing area can alter an activity.

### **Activity 5) Pass and score**

Play simple 2 v 2 passing games with netball / basketball, where 3 complete passes equals a goal. Do not define an area, allow separate games to all take place in same space.

Review activity to discuss how the game could be made better (and safer) in terms of space.

Divide area into sections and play game again (perhaps against a different pair).

Review the activity to discuss whether defining the area and making it smaller makes the game harder or easier.

Introduce the Young Leader Activity Cards as a stimulus for ideas.

### **Activity 6) Foxes and chickens**

Explain game by working through the information on the card and then allow children to play within a defined area.

### **Activity 7) King of the ring**

Allow a suitably confident child to work through the activity card to explain game to the rest of the group. Allow children to experience this game.

Recap some of the skills used within the session, both by the teacher and by themselves.

Review the impact that the SPACE which we allocate for games can have on the activity.

Explain that the next session will look at the importance of the TASK in sports leadership!

### **Equipment**

- ✓ Mini whiteboard and pen
- ✓ Cones
- ✓ Spots
- ✓ 4 x volleyballs
- ✓ 10 x basketballs
- ✓ 10 x footballs
- ✓ 10 x booklets
- ✓ 10 x pencils
- ✓ Young Leader activity cards