



Level 1 Award In Sports Leadership



Name:

Group:

Hope & Fears

Make a list of things that you HOPE will happen as the course progresses, for example 'improve my confidence'. Then make a list of the things that you FEAR may happen during the course, for example 'not feeling confident enough to lead a group'.

HOPES	FEARS

What Makes a Good Sports Leader?

A Sports Leader

SHOULD BE	SHOULD NOT BE

What skills, qualities are most important in a sports leader. Use this sheet to collate your answers from the previous page

SKILLS	QUALITIES



Unit 1

Planning, Preparing & Assisting a Simple Sporting Activity



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

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

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

Learning Outcome 4 – Plan future sessions

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- a) demonstrate that by evaluating each session the planning of future sessions can be improved

Organisational Skills

Duration of Session:

Number of People:

Equipment Needed:

Time	Activity Organisation
	Pulse Raising Activity
	Mobilising & Stretching Exercises
	Pulse Raiser 2

DATE:

AGE GROUP:

AIM / PURPOSE OF SESSION

EQUIPMENT NEEDED

WARM UP ACTIVITIES (points to consider)

- a) raise body temp
- b) mobilising
- c) stretch

FAMILIARISATION ACTIVITIES

GAME FORM

REVIEW OF SESSION

Observation and Feedback

Things we might look for

The Session

- 1) Was the warm up
 - safe?
 - fun?
 - appropriate?
- 2) Did the leader give clear verbal communications?
- 3) Did the leader make best use of available space?
- 4) Did the leader demonstrate any activities or use others to demonstrate?
- 5) Did the leader make good use of a whistle?
- 6) Did the leader organise teams and groups efficiently?
- 7) Did the participants enjoy the session?

Feedback

- always start with positive feedback, find one or two points that went well and identify aspects that you found good about the session
- suggest one or two things you think 'might' be done differently or improved next time
- involve the leader in the feedback, ask them how they felt the session went
- be sympathetic, it may be you leading the session next time



Unit 2

Basic Communication Skills for Leading a Sporting Activity



Unit 2 – Basic communication skills for leading a sporting activity

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- a) demonstrate the ability to communicate appropriately with groups and individuals in a sporting context

Types of Communication

There are 2 main types of communication, what are they

1)

2)

Explain what is, using examples

Explain what is, using examples

Which do you think is the best to use to communicate clearly?

Observation Task

- 1) Did the tutor welcome the group?
- 2) How did the tutor introduce the session?
- 3) Did the tutor use the names of any individuals during the session?
- 4) Were the tutor's verbal instructions clear?
- 5) did the tutor control the group effectively?
- 6) Did the tutor praise / encourage the group/individuals?
- 7) Could the tutor's instructions be heard by all at all times?
- 8) What sort of hand signals / gestures did the tutor use?
- 9) Did the tutor demonstrate at any time?
- 10) Did the tutor get a member of the group to demonstrate at any time
- 11) How did the tutor end the session?
- 12) Where did the tutor stand when addressing the whole group?

Evaluation Task

After watching another sports leader take a session or after you have run a session yourself ask yourself the following questions:

- 1) Did you / the leader welcome the group?

- 2) How did you / the leader introduce the session?

- 3) Did you / the leader use the names of any individuals during the session?

- 4) Where did you / the leader position yourself / themselves when giving instructions?

- 5) Were your/ the leaders verbal instructions clear?

- 6) Did you feel you / the leader controlled the group effectively?

- 7) Did you / the leader praise or encourage the group or individuals?

- 8) Did you / the leader use demonstrations at any time? How effective were they?

Give your general impressions of the leader's ability to communicate effectively with the group



Unit 3

Principles and Practice in Delivering a Basic Health & Fitness Session



Unit 3 – Principles and Practice in Delivering a Basic Health and Fitness Session

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass grade a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

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

Health & Fitness

List 5 factors that may prevent people from taking part in physical activity

1)

2)

3)

4)

5)

For each of the factors listed above, explain how each one may be solved

1)

2)

3)

4)

5)

List 5 things that have an effect on health

1)

2)

3)

4)

5)

List 5 benefits of regular exercise

1)

2)

3)

4)

5)

Planning

Plan a basic exercise session

Date

Age Group

Aim / purpose of Session

Equipment Needed

Warm Up Activities

Introductory Activities

Main Activity

Review of Session



Unit 4

Understanding Fair Play in Sport



Unit 4 – Understanding Fair Play in Sport

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

- 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

Fair Play

What is Fair Play?

What factors would affect fair play?

What sports do you think could be affected by any of these things?

When leading a session, how would you make sure everyone plays fairly & how would you deal any disruption?



Unit 5

Understanding the Role of the Sports Official



Unit 5 – Understanding the Role of the Sports Official

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

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

Role of the Official

What does an official do?

Why do they do it?

How do they do it?

What skills does an official need?

Why do games & sports have rules?

Evaluation Task

- 1) Did you enjoy refereeing? Give reasons

- 2) Did you feel you understood the rules sufficiently/

- 3) Did the players enjoy the session?

- 4) Did you have any problems? If so, what?

- 5) Were you impartial in your decisions?

- 6) Was the game conducted in the right spirit?

Add any other comments you would like to make here along with those if your group and course tutor

Observation & Evaluation

- 1) What actions did the referee take before the game started?
- 2) What did you notice about their positioning during the game?
- 3) How did the referee communicate with the players/
- 4) Was the referee fair in his/her decision making to both sides?
- 5) What action did the referee take to ensure the safety of competitors?
- 6) Did the referee demonstrate a good working knowledge and interpretation of the rules?
- 7) Were his/her communication skills effective?
- 8) What action did the referee take if players did not understand the rules?
- 9) Did the group finally understand the rules and decisions made by the referee?
If not, why not/
- 10) Were there any difficult refereeing decisions to make and why?

Are there any other comments you would like to note regarding the referee's performance?

Rules

Write down 10 rules for your favourite sport

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)



Unit 6

Understand the Scope of Local Sport and Recreational Activities



Unit 6 – Understanding the Scope of Local Sport and Recreational Activities

On completion of this unit candidates must demonstrate competence in the following areas:

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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

- 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

Assessment Criteria

To achieve a pass a candidate must show they are able to:

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

Local Sport and Recreational Activities

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

What courses can follow on from this award and where deliver these courses?