

LEVEL 1 AWARD IN SPORTS LEADERSHIP
SCHEME OF WORK

W K	DATE	UNIT	SESSION CONTENT	WORK BOOK TASKS
1		1	<p>INTRO TO THE COURSE</p> <p>LEADERSHIP TASK – GET FROM A TO B USING SET EQUIPMENT WITHOUT ANYONE TOUCHING THE FLOOR DISCUSS- WHO WAS THE LEADER, WHAT SKILLS/QUALITIES DID THEY HAVE</p> <p>TUTOR LED WARM UPS:</p> <ol style="list-style-type: none"> 1. 3 LAPS OF SPORTS HALL FOR MINUTES, OWN STRETCHES 2. NORTH, SOUTH, EAST, WEST, SUBMARINE, MAN OVER BOARD, TAKE COVER, TUTOR-LED STRETCHES 3. CHAIN TAG 4. STICK IN THE MUD <p>STUDENT WARM UPS</p> <p>IN AT THE DEEP END TASK CARDS – GIVE EACH STUDENT A TASK CARD TO DELIVER INFO/TEACH SKILL – LET THEM HAVE A GO.....RESEARCH THE CARD FOR HOMEWORK</p>	<p>GOOD/BAD POINTS,</p> <p>DESIGN AND DEMO OWN WARM UPS</p> <p>PLANNING CONSIDERATIONS, RESEARCH</p>
2		1	<p>STUDENTS DELIVER IN AT DEEP END INFO/RESEARCH</p> <p>TUTOR LED SESSION: WARM UP (THROWING GAME AND STRETCHING) SKILLS (BOUNCE PASS) DEVT OF SKILLS (BOUNCE PASS AROUND DEFENDER) GAME (BOUNCE PASS ONLY) COOL DOWN (JOG N STRETCH)</p> <p>SKILLS TEACHING: STUDENTS SELECT SPORT, LIST SKILLS, CHOOSE A SKILL, BREAK DOWN INTO TEACHING POINTS – TEACH IT TO SMALL GROUP</p> <p>WHEN READY ENCOURAGE STUDENTS TO DEVELOP THE SKILLS/MAKE GAMES TO USE THE SKILLS IN THEIR GROUPS</p>	<p>STRUCTURE OF A SIMPLE SESSION</p> <p>BREAKING DOWN SKILLS</p>

3		1	<p>BASKETBALL – DIFFERENT GAMES</p> <p>PLAY FULL COURT FULL RULES BASKET BALL – ROTATE TEAMS IF LARGE GROUP</p> <p>PLAY HALF COURT/ WIDTH OF SPORTSHALL – FULL RULES</p> <p>PLAY WITH CONDITIONS: -MUST MAKE 10 PASSES BEFORE A SHOT IS TAKEN -EVERY PLAYER MUST TOUCH THE BALL TWICE BEFORE A SHOT IS TAKEN -CAN ONLY SHOOT FROM A CERTAIN DISTANCE (TO GIVE DEFENCE A CHANCE!) -MUST BE A CERTAIN DISTANCE AWAY TO DEFEND EG, LIKE IN NETBALL (TO GIVE OFFENCE A CHANCE!)</p> <p>DISCUSSION: EFFECTS OF CHANGES MADE, HOW THIS MAY HELP WITH DIFFERENT AGE AND ABILITY GROUPS</p> <p>STUDENTS PLAN GAMES AND TRY THEM OUT THEN HAVE TO CHANGE/ADAPT THEM TO GIVEN SITUATION CARDS – DEMO AND DISCUSS CHANGES TO WHOLE CLASS</p>	<p>GAME ACTIVITY & CONSIDERATIONS</p> <p>ADAPTING GAMES TO DIFF SITUATIONS</p>
4		1	<p>ROUNDERS WITH DIFFERENT EQUIPMENT</p> <ul style="list-style-type: none"> - PLAY ROUNDERS GAMES WITH HARD BALL, HARD BAT, SOFT BALL, SOFT BAT, 1 BAT AND BALL, LOTS OF BATS AND BALLS, TUTOR SET UP BEFORE GAME, STUDENTS TO SET UP GAMES, LEAVE EQUIPMENT OUT, PUT EQUIPMENT TO THE SIDES ETC <p>DISCUSSION ON USE OF EQUIPMENT</p> <p>PLAY TIG USING THE WHOLE OF THE SPORTSHALL WITH ONLY ONE PERSON AS “IT” THEN PLAY TIG USING 1 BADMINTON COURT WITH THREE PEOPLE ON AS “IT”</p> <p>DISCUSSION ON USE OF SPACE</p> <p>IN GROUPS – GIVE STUDENTS A GAME TO PLAY – THEY DECIDE ON WHAT SPACE TO USE – DEMO AND EXPLAIN GAMES AND REASONS FOR SPACE CHOSEN TO REST OF GROUP</p> <p>CAT N MOUSE VIKINGS AND ROMANS BIB THEIF BULLDOG IN THE RIVER ON THE BANK</p>	<p>EQUIPMENT CONSIDERATIONS</p> <p>HOW MUCH SPACE</p>

5		1	<p>WAYS TO ORGANISE PEOPLE: PLAY FOOTBALL. EACH TIME NOTE THE ORGANISATION AND MANAGEMENT OF THE GROUP.</p> <p>USE 2 VOLUNTEERS TO LEAD OR TUTOR LEAD:</p> <ol style="list-style-type: none"> 1) INSIST ON CHECKING FOOTWEAR AND JEWELLERY, YOU TELL THEM EXACTLY WHAT TO DO, DON'T LET ANYONE TOUCH THE BALL BUT YOU UNTIL THE GAME STARTS ETC. STAND OUT IN FRONT WHEN GIVING INSTRUCTIONS, GO ROUND AND CHECK ON PEOPLE 2) LAID BACK, CASUAL, LET THEM GET ON WITH IT, LEAVE EQUIPMENT OUT FOR THEM TO DO WHAT THEY WANT, START WHEN THEY WANT TO, STAND IN THE WAY OF PLAY <p>DISCUSSION</p> <p>PICKING TEAMS – DEMO DIFFERENT WAYS TO PICK TEAMS/GROUP PARTICIPANTS</p> <p>FLOW AND PACE – DISCUSSION SESSION ENDINGS – DISCUSSION CLEARING AWAY – DESIGN OWN IDEAS – TUTOR DEMO – BASKETBALLS – SCORE, COLLECT, RETURN TO CUPBOARD. RACE TO COLLECT CONES.</p> <p>EVALUATIONS – TUTOR LED SESSION – STUDENTS EVALUATE WARM UP – SUICIDES, STRETCHES SKILL – CHEST PASSES DEVT SKILL- INCREASE DISTANCE OF PASS GAME – CHEST PASS ONLY, SCORE IF BALL TOUCHES END WALL, NO CONTACT, 1 METER AWAY TO DEFEND</p>	<p>ORGANISING AND MANAGING PARTICIPANTS</p> <p>PICKING TEAMS</p> <p>FLOW N PACE, SESSION ENDS AND CLEARING AWAY</p> <p>EVALUATIONS N SUGGESTIONS</p> <p>USE SELF AND TUTOR OBS (LEADING)</p>
6	COLL		COLLAPSED WEEK	
7		2	<p>COMMUNICATION SKILLS</p> <p>TUTOR LED WARM UP – STUDENTS LIST COMMS METHODS</p> <p>WARM UP – BALL FREE –</p>	<p>VERBAL N NON VERBAL COMMS</p>

			<p>1 OR 2 PEOPLE ARE IT (WEAR BIBS)</p> <p>IF THEY TIG YOU STAND STILL WITH HANDS IN AIR</p> <p>TO GET FREE YOU MUST RECEIVE THE BALL AND PASS IT TO SOMEONE ELSE WHO IS STUCK (TUTOR WILL THROW BALL IN TO BEGIN WITH)</p> <p>VERBAL – EXPLAIN (VOLUME, PROJECTION, POSITIONING ETC)</p> <p>DEMO – SHOW WHAT TO DO</p> <p>Q+A – ASK THEM TO EXPLAIN RULES BACK</p> <p>LISTENING – LISTEN TO ANSWERS GIVEN</p> <p>WHISTLE - TO START AND END GAME</p> <p>GESTURES – CLAP, THUMBS UP, WELL DONES</p> <p>ACTIVITIES:</p> <p>NURSERY RHYME – BACK TO BACK LINE EACH, STEP FORWARD</p> <p>MIRROR DRAWING – BACK TO BACK – DESCRIBE PICTURE FOR PARTNER TO DRAW</p> <p>FACES AND BODY LANGUAGE - WORK SHEET</p> <p>MEASSAGE RELAYS – CHINESE WHISPERS</p> <p>LEADERSHIP TASK WITH/WITHOUT BLINDFOLD – GETTING INTO ALPHABETICAL ORDER ON A BENCH</p> <p>SHEEP N SHEPHERD – BLIND SHEEP – SHEPHERD USES NOISES BUT NOT WORDS TO ROUND THEM UP</p> <p>MADE UP GAMES WITH SIMPLE EQUIPMENT-DEMO GAMES DEMO/WORDS ONLY</p>	<p>COMMS ACTIVITIES</p>
8		2	<p>WHISTLES</p> <p>PLAY UNI HOCKEY, TUTOR LED, BLAST WHISTLE USING DIFFERENT TONES AND PITCHES – SOME CORRECT SOME NOT</p> <p>DISCUSSION ON WHISTLE USE</p> <p>WHISTLE GAMES:</p> <p>NAME THAT TUNE – IN PAIRS GUESS TUNE/S</p> <p>WHISTLE WORK OUT - IN PAIRS SEQUENCE WITH 5 DIFFERENT TYPES OF BLAST, PLAY SEQUENCE TOGETHER</p> <p>STOP THE GAME – UNI HOCKEY – BUT STOP GAME WITH WHISTLE AND CHANGE RULES</p>	<p>USE OF WHISTLES</p>

			<p>PRAISE</p> <p>WHILST STUDENTS PLAY UNI HOCKEY TYPE GAMES GIVE PRAISE, POSITIVE FEEDBACK, CONSTRUCTIVE CORRECTIVE FEEDBACK, AND TARGET SETTING</p> <p>DISCUSSION – USE OF APPROPRIATE COMMS</p> <p>COMPETITION TO NAME MOST PRAISE PHRASES</p>	<p>APPROPRIATE COMMS</p> <p>PRAISE PHRASES</p>
9		3	<p>CIRCUIT TRAINING PLANNING</p> <p>WEIGHTS/CV PLANNING</p> <p>STUDENTS TO USE LESSON TIME TO COMPLETE PLANNERS, TRY OUT AND PRACTICE EXERCISES ETC FOR DELIVERY</p> <p>HOMEWORK – BARRIERS, HEALTHY LIFESTYLE, DIRECTORY RESEARCH</p>	<p>CIRCUITS/CV/WEIGHTS PLANNERS</p> <p>BARRIERS TO PARTICIPATION</p> <p>HEALTHY LIFESTYLES</p> <p>DIRECTORY RESEARCH</p>
10		3	<p>COLLECT HOMEWORK - BARRIERS, HEALTHY LIFESTYLE, DIRECTORY RESEARCH</p> <p>STUDENT LED CIRCUITS/CV/WEIGHTS SESSIONS IN PAIRS – ONE LEAD ONE PARTICIPATE</p>	<p>CIRCUITS/CV/WEIGHTS PLANNERS</p>
11		3	<p>STUDENT LED CIRCUITS/CV/WEIGHTS SESSIONS IN PAIRS – ONE LEAD ONE PARTICIPATE</p>	<p>CIRCUITS/CV/WEIGHTS PLANNERS</p>
12	COLL		<p>COLLAPSED WEEK</p>	
13		4	<p>PLAY GAME OF FOOTBALL BUT TUTOR TO BE AN UNFAIR REFEREE – MAKE DODGY DECISIONS, FAVOUR ONE TEAM, STAND IN ODD PLACES ETC</p> <p>DISCUSS FAIRPLAY AND MAKE A CHARTER</p> <p>ACT OUT/ROLE PLAY SCENARIOS</p>	<p>UNDERSTANDING FAIR PLAY</p> <p>FAIR PLAY SCENARIOS</p>

			<p>SPLIT CLASS INTO 3 GROUPS, EACH WITH A LEADER OUT FRONT PLAY A GAME THEN ADD RULES:</p> <p>STUDENTS STAND IN A LINE, LEADER THROW A BALL AT THEM TO CATCH, THEY THROW IT BACK TO LEADER</p> <p>-ADD COMPETITION – AIM TO GET 20 CATCHES IN A ROW WITHOUT A DROP</p> <p>-INCREASE COMPETITION – 1ST GROUP TO GET 30 CATCHES IN A ROW SIT DOWN, WAVE ARMS IN AIR</p> <p>-ADD INCENTIVES FOR THE WINNERS – 1ST GROUP TO GET 40 CATCHES IN A ROW WILL WIN A SWEETIE</p> <p>-ADD PUNISHMENTS FOR LOSERS – 1ST GROUP TO GET 50 CATCHES IN A ROW WILL WIN SWEETIES, LOSERS HAVE TO DO 10 PRESS UPS</p> <p>DISCUSSION – EFFECTS OF THE RULES, RESPECT</p>	RESPECT
14	5	<p>OFFICIALS</p> <p>DISCUSSIONS</p> <p>TWO GROUPS, 2 GAMES, ONE WITH TOO MANY , ONE WITH NOT ENOUGH RULES, PLAY AND DISCUSS, SWAP GAMES BUT ADD/REMOVE RULES, DISCUSS IMPROVEMENTS</p> <p>PLAY A VARIETY OF CONDITIONED AND SMALL-SIDED GAMES:</p> <p>KWIK CRICKET ALLOW A BOUNCE/CATCH VOLLEY BALL (USE BADMINTON NETS) 2 TOUCH FOOTBALL ETC</p> <p>DISCUSSION</p>	<p>ROLES & SKILLS</p> <p>RULES & EFFECTS</p> <p>TOO MANY OR NOT ENOUGH RULES</p> <p>CONDITIONED AND SMALL SIDED GAMES</p>	
15	5	<p>INDOOR HOCKEY – LEARN RULES, PRACTICE UMPIRING</p> <p>PEER OBSERVATIONS</p> <p>HOMEWORK – WATCH REFEREE/UMPIRES AND RECORD COMMENTS ABOUT EFFECTIVENESS – U TUBE, DVD, TV, LIVE MATCH, ANOTHER SPORTS TUTOR IN COLLEGE ETC</p>	<p>PEER AND TUTOR OBS (OFFICIATING)</p> <p>USE PEER OBS (OFFICIATING) SHEET</p>	

16		5	5-A-SIDE – LEARN RULES, PRACTICE REFFING PEER OBSERVATIONS	PEER AND TUTOR OBS (OFFICIATING)
17		5	CO-OPERATIVE GAMES EG, PARACHUTE, GIANT BUNGEE ROPE ETC TOP SPORT ACTIVITIES EG, TENNIS ROUNDERS, RUGBY ROUNDERS, CRAB FOOTBALL STUDENT INPUT – GAMES THEY KNOW STUDENTS TO OFFICIATE GAMES	PEER AND TUTOR OBS (OFFICIATING)
18	COLL		COLLAPSED WEEK	
19		5	ANY MORE IDEAS/GAMES WORKSHOP – TUTOR AND/OR STUDENT LED	PEER AND TUTOR OBS (OFFICIATING) SELF, PEER & TUTOR OBS (LEADING)
20		5	ANY MORE IDEAS/GAMES WORKSHOP – TUTOR AND/OR STUDENT LED HOME WORK: LOCAL SPORT DIRECTORY	PEER AND TUTOR OBS (OFFICIATING) SELF, PEER & TUTOR OBS (LEADING) LOCAL SPORT DIRECTORY
21			COLLECT HOMEWORK: LOCAL SPORT DIRECTORY INFO PLAN FINAL PRACTICE INDIVIDUAL SESSIONS	SESSION PLANNERS
22		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
23		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
24		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
25		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
26		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)

27		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
28		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
29		1-6	INDIVID SESSIONS	SELF, PEER & TUTOR OBS (LEADING)
30		N/A	1:1 APPOINTMENTS WITH TUTOR – DISCUSS PROGRESS ON COURSE, ISSUES OR PROBLEMS, COMPLETE LOG BOOKS DISCUSS ARRANGEMENTS FOR LEADERSHIP EXPERIENCE	
31		N/A	1:1 APPOINTMENTS WITH TUTOR – DISCUSS PROGRESS ON COURSE, ISSUES OR PROBLEMS, COMPLETE LOG BOOKS DISCUSS ARRANGEMENTS FOR LEADERSHIP EXPERIENCE	
32		7	LEADERSHIP EXPERIENCE	
33		7	LEADERSHIP EXPERIENCE	
34	COLL	7	COLLAPSED WEEK LEADERSHIP EXPERIENCE	
35	COLL	7	COLLAPSED WEEK LEADERSHIP EXPERIENCE	

LEADERSHIP EXPERIENCE FOR UNIT 7

NOTE:

ALL CANDIDATES TO COMPLETE 1 HOUR LEADERSHIP OF PEER GROUP OR YOUNGER AGE GROUP – THIS **CAN BE SPLIT INTO TIME SLOTS** EG, 4 X 15 MINS.

CANDIDATES MAY LEAD **INDIVIDUALLY, IN PAIRS OR SMALL GROUPS** PROVIDING THEY ALL SHARE THE SKILLS/RESPONSIBILITIES EQUALLY

THIS UNIT ONLY TO BE COMPLETED AFTER TUTORING AND **COMPLETION OF UNITS 1-6 FIRST**

AN **INDEPENDENT WITNESS** MUST SIGN CANDIDATE LOG BOOKS TO CERTIFY THEY ARE CAPABLE SPORTS LEADERS – THIS PERSON **CANNOT HAVE BEEN INVOLVED IN THE TUTORING** OF THE COURSE.

POSSIBLE OPPORTUNITIES FOR UNIT 7

Doug Imrie

Community Sports Coach - BME

Swindon Borough Council & WASP

Tel: 01793 511033

DATES & EVENTS :

SEN DAY

COLLEGE TEAMS/ENRICHMENT:

HELP WITH – FOOTBALL, NETBALL, BASKETBALL, BADMINTON, FITNESS SUITE,

DATES: WEDNESDAY AFTERNOONS