

## Level 1 Award in Sports Leadership

### Scheme of Work Unity City Academy Middlesbrough

This qualification is for people age 14 upwards, it is a nationally recognised qualification sitting at level 1 on the National Qualifications Framework. The qualification provides the key skills required to lead a sports activity successfully. Candidates must complete 30 hours of practical based leadership and an additional **hour** of sports leadership within their local community in order to qualify.

The prime aim of this qualification is to prepare responsible, motivated and confident people who can independently lead safe, purposeful and enjoyable sporting and recreational activities for small groups under supervision of a qualified person.

This qualification concentrates on improving the leadership skills required to plan, prepare, deliver and evaluate a sports session.

### Benefits of this Award

Learning to lead others

Increased confidence in leading groups

Enhanced self esteem

Improved communication skills

Improved organisational skills

Experience of working as part of a team

Work Experience - Delivering sports sessions in the community

Further education or training opportunities in sport

Nationally Recognised qualification at Level 1.

## Syllabus

The Sports Leader Award Level 1 is divided into 7 units of work. Candidates must complete all units in order to qualify. The syllabus will take approximately 30 guided learning hours to deliver depending on the experience, attitude and skills of the group.

**Unit 1** - Planning, preparing and assisting a simple sporting activity.  
(6 Hours)

**Unit 2** - Basic communication skills for leading a sporting activity.  
(6 Hours)

**Unit 3** - Principles and practice in delivering a basic health and fitness session.  
(5 Hours)

**Unit 4** - Understanding fair play in sport.  
(4 Hours)

**Unit 5** - Understanding the role of a sports official.  
(4 Hours)

**Unit 6** - Understanding the scope of local and recreational activities.  
(4 Hours)

**Unit 7** - Demonstration of leadership skills in sport.  
(Minimum of 1 hour)

## Log Books

Every candidate receives a log book. It provides students with essential information about the qualification. It gives them all their learning outcomes, list of modules and how they are to be assessed for each unit. Candidates can keep notes of what is learnt but separate handouts and worksheets maybe kept in a separate file as evidence for your assessment decision.

## Method of Delivery

The Level 1 SL is a practical qualification, and time must be allocated to practical activities that allow others to lead others. On each unit candidates must understand the content of each unit and must be given the opportunity to apply it. The evidence will include observation tasks, planning tasks, evaluation tasks, problem solving tasks, research tasks.

## Costs

Log Book/registration fee -

Registration fee covers the candidate for administration, certificate and badge

## What can a Level 1 Sports Leader do?

Once qualified, the level 1 sports leader is deemed to be able to assist in the leading of activities independently whilst not undertaking full responsibility. Candidates who complete the award are strongly advised not to lead any risk activities unless they have been qualified by the appropriate governing body.

## Working to a set of values

Attitude  
Confidence  
Commitment  
Tolerance

Reliability  
Responsibility  
Maturity  
Respect

Enthusiasm  
Effort  
Initiative  
Self-Control

<b>Programme Area: Expression and Creativity</b>	<b>Programme: PE</b>	<b>Module Number: KS4</b>	<b>Module Name: Level 1 Award in Sports Leadership</b>
<p><b>Context:</b> Students will develop both confidence and competence through the development of their leadership skills, when communicating and leading various sporting activities.</p> <p>Students should become creative when evaluating and improving delivery and developing their understanding and demonstration of leadership skills. Also be able to make informed choices about healthy, active lifestyles to improve knowledge of well-being for all.</p> <p>In addition understand the values associated with fair play and the understanding of how to become an effective sports official.</p>		<p><b>Key Topics:</b></p> <p><b>Unit 1</b> – Planning, preparing and assisting a simple sporting activity.  <b>Unit 2</b> – Basic communication skills for leading a sporting activity.  <b>Unit 3</b> – Principles and practice in delivering a basic health and fitness session.  <b>Unit 4</b> – Understanding fair play in sport.  <b>Unit 5</b> – Understanding the role of a sports official.  <b>Unit 6</b> – Understanding the scope of local and recreational activities.  <b>Unit 7</b> – Demonstration of leadership skills in sport.</p>	
<p><b>Key Concepts:</b> Students will develop...</p> <p><b>Skills in:</b></p> <ul style="list-style-type: none"> <li>• Confidence through competence by successfully achieving learning objectives.</li> <li>• Their ability to perform at individual target level through refining their leadership skills and challenge in an appropriately set leadership task.</li> <li>• Creativity, by applying their knowledge and understanding when using rules and tactics to sporting activities.</li> <li>• Demonstrate knowledge of healthy lifestyles and how to make informed choices of health and well-being.</li> </ul> <p><b>Key Processes :</b></p> <p>Students will:</p> <ul style="list-style-type: none"> <li>• Develop skills relevant to sports leadership with the focus of being able to demonstrate and deliver appropriate sporting activities to others.</li> <li>• Make and apply decisions during leadership type events and situations and be able to adapt these.</li> <li>• Develop in a physical and mental capacity, using sports wider roles. i.e., Coach, manager, supporter, referee.</li> <li>• Be able to evaluate and improve leadership performance</li> </ul>		<p><b>Links to ICT:</b></p> <ul style="list-style-type: none"> <li>- Performance analysis – Use of the video camera and software to develop evaluation and improvement of performance.</li> <li>- Observe professional/school football match, statistical analysis, and work out success ratios and apply coaching knowledge to improve performance.</li> <li>- Measuring perturbations from video, finding out where the team has been most successful/or opposition weaknesses.</li> </ul>	
		<p><b>Learning Capabilities:</b></p> <p><b>THINKING SKILLS:</b>  KNOWS HOW TO LEARN  CREATIVE THINKING  DECISION MAKING  SYSTEMS THINKING  PROBLEM SOLVING  REASONING</p> <p><b>INTERPERSONAL SKILLS:</b>  PARTICIPATES IN A TEAM  FACILITATES THE LEARNING OF OTHERS  SERVES THE NEEDS OF OTHERS  EXERCISES LEADERSHIP  NEGOTIATES</p>	<p><b>PERSONAL QUALITIES:</b>  SELF ESTEEM  SOCIALITY  SELF-MANAGEMENT  RESPONSIBILITY  INTEGRITY</p>

<p>through self/peer assessment of delivery.</p> <ul style="list-style-type: none"> <li>• Have a greater understanding of a healthy active lifestyle and how to deliver an effective health and fitness session.</li> </ul> <p><b>Explored through:</b>  Team, pair and individual work activities  Visual, Auditory, Kinaesthetic learning styles  Discussion  Investigation  Demonstration  Self assessment and Peer Assessment  Leadership</p>	<p><b>WORKS WITH DIVERSITY</b></p>	
<p><b>Learning Outcomes (Levels and Assessments)</b>  By the end of this unit – see Assessment Levels</p>	<p><b>Links to other modules/programmes</b></p> <ul style="list-style-type: none"> <li>• PE modules for other sports</li> <li>• BTEC – Planning and Leading</li> <li>• Literacy, Numeracy, Science, PHSE, Citizenship, ICT</li> <li>• NVQ with Sports Apprenticeship</li> <li>• Careers and citizenship</li> </ul> <p><b>Language for learning:</b></p> <p>Reading:  Instructions/Lesson objectives/Task cards</p> <p>Spelling:  Key words – Communication, Leadership, Fair Play, Roles and Responsibilities, Local Sport, Planning, Preparation and Delivery  Writing: Evaluating and improving self/peer performance  Recording: Observation, Questioning, Completion of tasks, Simulation, Video, Photo and evidence for meeting a learning outcomes  Speaking and listening: Questioning/Answering, Individual and Class discussions, Leadership, Communication  Team work: Deliver as a group, investigation tasks  Listening and following instructions: Throughout learning sessions  Presenting to an audience: Leadership (Understanding of various roles, coaching, fitness coach, manager, referee)</p>	
<p><b>Prior learning</b></p> <p>KS3 PE – Leadership opportunities  PE Leadership programme</p>	<p><b>Links to numeracy</b></p> <p>Time management, Officiating, Organisation of groups</p> <p><b>Resources:</b>  PE equipment</p>	

**Future learning:**  
 Level 2/3 Sports Leaders Award  
 PE leadership programme  
 Application of learned skills in BTEC/Apprenticeship  
 Application of skills in core PE at KS4

<b>Unit</b>	<b>Learning Outcomes</b>	<b>Delivery</b>
<b>1</b>	<b>Planning, preparing and assisting a simple sporting activity.</b>	<b>(6 Guided Learning Hours)</b>
	LO1 - Planning and preparation of a simple sporting or recreational activity	Know what information will be needed to plan an effective lesson Be able to find the information and research a topic before running and session Understand the structure of a simple session and how the content will change with age/ability of the participants.
	LO2 – Running a simple sporting or recreational activity whilst under close supervision	Prepare and use equipment for activities that are safe and appropriate for the age and ability of the participants Select and use the appropriate facilities/area Organise participants before and during activities Show appropriate flow and pace from one activity to the next to maintain participants interest Demonstrate an appropriate and safe ending to a session including the clearing away of the equipment
	LO3 – Evaluate each session	Explain simply what went well, what didn't go well and what could be improved for future sessions
	LO4 – Plan future sessions	Demonstrate that by evaluating each session so the planning of future sessions can be improved
<b>2</b>	<b>Basic communication skills for leading a sporting activity</b>	<b>(6 Guided Learning Hours)</b>
	LO1 – Knowledge and basic proficiency in the chosen activities, in order to demonstrate verbal communication, non-verbal communication and use of whistle.	Demonstrate the ability to communicate clearly with participants using a range of verbal and non verbal communication skills. Demonstrate the ability to know how and when to use a whistle with confidence
	LO2 – Communicating with groups and individuals involved in sporting and recreational activities	Demonstrate the ability to communicate appropriately with groups and individuals in a sporting context.
<b>3</b>	<b>Principles and practice in delivering a basic health and fitness session</b>	<b>(5 Guided Learning Hours)</b>

	LO1 - Understand the factors which prevent individuals taking part in health related exercise	Explain simply the range of factors which may prevent people taking part in physical activity Describe if and how it may be possible to overcome these issues
	LO2 – The effects of diet, smoking, alcohol and age can have on a healthy lifestyle	Explain simply the importance of a healthy lifestyle Describe the effects that diet, smoking, alcohol and age have on a healthy lifestyle
	LO3 – The development of a directory of local contacts offering health related exercise	Produce a simple directory of local agencies which offer opportunities to take to take part in health related activities
	LO4 – Leading a simple exercise session for a group whilst under supervision	Take part in the planning and delivery of a basic session
<b>4</b>	<b>Understanding fair play in sport</b>	<b>(4 Guided Learning Hours)</b>
	LO1 – Throughout the course, demonstrate and encourage the concept of good sporting behaviour and fair play in sporting and recreational activities	Understand and explain what is meant by ‘fair play’ and ensure the basic principles are adhered to when delivering activity sessions Ensure that everyone is treated with respect and that low level disruption or disputes are dealt with in a confident and consistent manner.
<b>5</b>	<b>Understanding the role of the sports official</b>	<b>(5 Guided Learning Hours)</b>
	LO1 – The role of the official in sporting activities	Demonstrate basic knowledge and understanding of the role and skills required by a sports official
	LO2 – Rules and regulations of a number of sporting activities	Understand and explain the need to have rules in all activities and the effect that these rules will have on the game 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
	LO3 – Evaluation of the performance of officials	Evaluate and comment upon the performance of officials at a range of levels
	LO4 – Acting as the official for a number of sports and activities	Understand and explain the basic rules of an activity and be able to communicate decisions early
<b>6</b>	<b>Understanding the scope of local sport and recreation activities</b>	<b>(4 Guided Learning Hours)</b>
	LO1 – Demonstrate knowledge of the range of local agencies and facilities that offer sporting and recreational activities	List places within the local area where it is possible to take part in sport or physical activity
	LO2 – Show awareness of the sports related courses of study that are available through schools, sports development teams, governing bodies and other associated bodies	Describe courses which can compliment or follow on from this award and identify establishments within the local area which deliver these course
<b>7</b>	<b>Demonstration of leadership skills</b>	<b>(Minimum 1 Hour)</b>
	LO1 – Organise a number of sports sessions, ideally in two different sporting or recreational activities for your peer group or lower age range	Complete a minimum of one hour of leadership experience using the skills and experience gained from units 1 – 6, whilst under supervision of the Tutor/Assessor