

CASE STUDY

// Sports Leaders UK Young Leaders Award

// Richmond School Sports Partnership



motive8 is always looking for new ways to make a child's life more active, particularly when it can have a positive affect on multiple aspects of their schooling. In response, motive8 delivers the Sports Leaders UK Young Leaders Award to a large number of schools across the Borough of Richmond.

The Young Leaders Award offers children in Years 5 and 6 the opportunity to guide a group of younger children whilst playing vigorous and enjoyable games. The award teaches leadership skills, using an assortment of games and activities promoting good communication, co-operation and responsibility. The children also learn about the safety of looking after others as well as developing activities for younger age groups.

Using their new found skills, the children are encouraged to lead playground games for younger pupils, thus promoting more active play within the school.

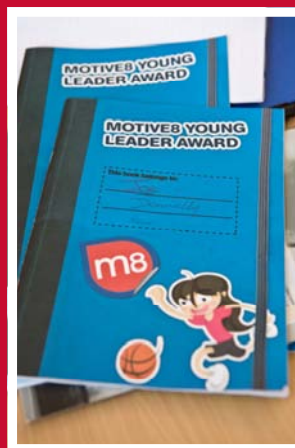
To help the award stand out above any other competing provider, **motive8** has developed a colourful, engaging and stimulating workbook. Developed using the knowledge of Headteachers and teachers, such as Ben Holdsworth, Headteacher of St Marys RC School in Eltham – a school which prides itself on providing an excellent range of extra-curricular activities as seen in its 2005 Ofsted report – the workbook combines literacy and numeracy with physical education all in line with National Curriculum Key Stage 2.

A large proportion of the teaching is based on S.T.E.P., a word that every child should be aware of before attempting to lead activities. It stands for:

/ Space: Children learn about the size of space needed for certain games to develop excitement and safety.

It is vital that young people have the opportunity to learn the skills required for organising sport and physical activity. The Young Leaders Award provides excellent training for these young people and gives them skills which will stay with them for the rest of their lives.

Gary Palmer, Partnership Development Director for Richmond School Sports Partnership.



/Task: Young people learn how to fully understand rules to facilitate communication as well as the differing styles of communication.

/Equipment: Children learn about different types of equipment, some of which they have never experienced before, and also how to create activities using less rather than more equipment.

/People: Children learn about picking teams and groups fairly so as to promote inclusion and anti-bullying.

motive8 joined forces with Richmond School Sports Partnership to deliver the course to 16 schools across the Richmond borough. It has been run as either as an intensive 2 day course for 15 pupils at a time or as a 1 hour per week session within curriculum time or as an after-school club. Upon completion, children received a T-shirt, workbook, Sports Leaders certificate and a **motive8** certificate.

Children spend up to a quarter of their school day in the playground. Making best use of play times can help tackle the inactivity, boredom and poor behaviour that can intimidate children and affect lessons. Improving the play time environment can impact significantly on school life.

DfES, Primary Playground Development, 2005.

CASE STUDY

// Young Leaders Playground Activity Programme

// Meadlands Primary School // / Years 5 and 6



A group of children from Meadlands Primary School in Ham that completed the Sports Leaders UK Young Leaders Award with motive8 last year have been putting their newly acquired skills into practice with the help of motive8's Schools & Community Coach, Joe Donnelly.

By completing the Young Leaders Award, schools can nurture and develop children into responsible young leaders who are able to organise games and interact with those younger than themselves. Children gain both the confidence and ability to supervise playground activities which has been found to promote child inclusion and reduce the chance of bullying / bad behaviour.

The system involved Joe spending every lunchtime for a fortnight at the school, working closely with the Young Leaders, Teaching Assistant and Primary Link Teacher to devise a structured playground activity programme that would suit the school's individual requirements. A weekly activity schedule was drawn up alongside a signup procedure for each activity, which the children supervised during morning breaks.

Overseen by the **motive8** coach, Joe, the Young Leaders led the various activities throughout the lunch break, taking responsibility for organising equipment, allocating space for games and briefing/organising all the children who had signed up to participate. They all wore red caps, branded Sports Leader, in order to clearly distinguish themselves and define their role amongst the other children.

The key aim was to impart greater responsibility to the Young Leaders and to confront disruption in the playground at lunchtimes. This, in turn, would increase children's physical activity levels and interaction with other pupils.

Having completed his two week period at the school, Joe left for two weeks and then returned to evaluate the success of the playground programme. This was to gauge whether the devised programme was sustainable for the school to run themselves on a week-to-week basis.

Upon returning, teachers from the school reported that the signup sheet is full almost every day, with Dodgeball in particular proving extremely popular. The Young Leaders were also reported to be gaining a huge sense of achievement from it.

Joe's impact on our school has been very motivating. He has helped improve individual children's organisational skills and confidence to become effective leaders. His enthusiasm and ideas have helped implement lunchtime game leaders into Meadlands School.

Katrina Howard, Year 6 Teacher, Meadlands Primary School



It was great to see the young leaders using their training by taking on the responsibility of lunchtime assistants. Not only has this helped them to gain self confidence, but it has significantly improved the activity levels in the playground.

Joe Donnelly, motive8 Schools & Community Coach