

Please read and make notes on this
power-point in preparation for the
next unit

Unit 6 - Leading Sports Activities

Learning objectives

- A) Know the attributes associated with successful sports leadership.
- B) Undertake the planning and leading of sports activities.
- C) Review the planning and leading of sports activities.



Scenario

A local newspaper has been asked by a local sports club to try to develop interest in volunteering in sports leadership.

The editor has asked learners to develop an article that covers the requirements of becoming a successful sports leader, using examples of successful sports leaders to demonstrate attributes and responsibilities required.



Scenario A: Know the attributes associated with successful sports leadership



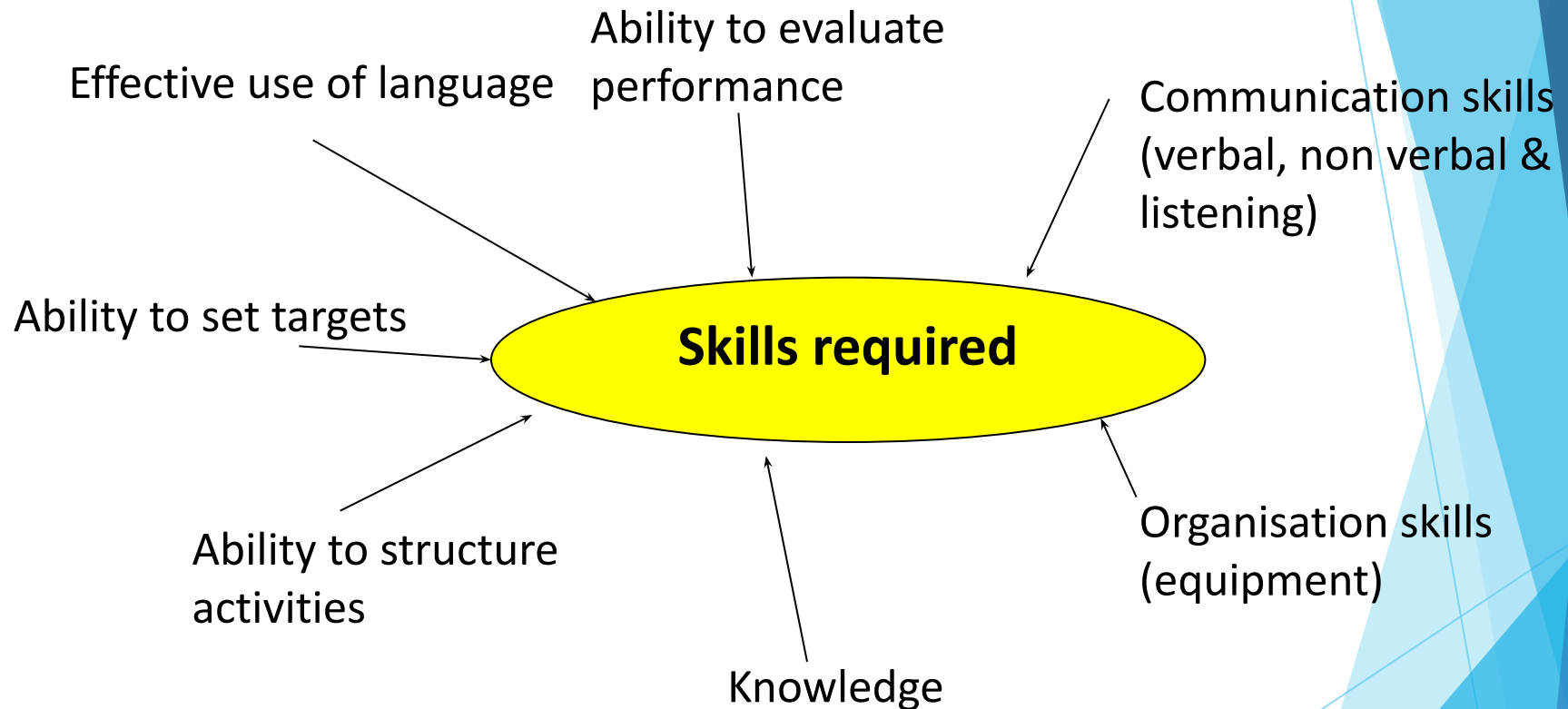
Examples of sports leaders

- Sports Coaches
- Fitness Instructors
- School / College Coaches
- Local Club Coaches
- National Club Coaches
- Amateur Coaches



Successful sports leadership

The following skills required to be a successful sports leader:



Communication

If you can communicate effectively you can support the development of sports performers.

Verbal e.g. Giving technical instructions to sports performers



Non-Verbal e.g. Facial expressions and bodily gestures

Listening e.g. After asking a sports performer a question



Organisation of equipment

Make sure you have all the equipment necessary to deliver your session.

Ensure that it is safe and in a good working order.



Knowledge

A good sports leader should have a high level of knowledge about:

- The technical and tactical demands of the sport
- Specific fitness requirements for specific sports
- Laws, rules and regulations of the sports
- Treatment of basic sports injuries and first aid techniques.



Activity structure

When delivering a session, make sure you have clear aims and objectives. You will need to develop their technical ability or tactical knowledge

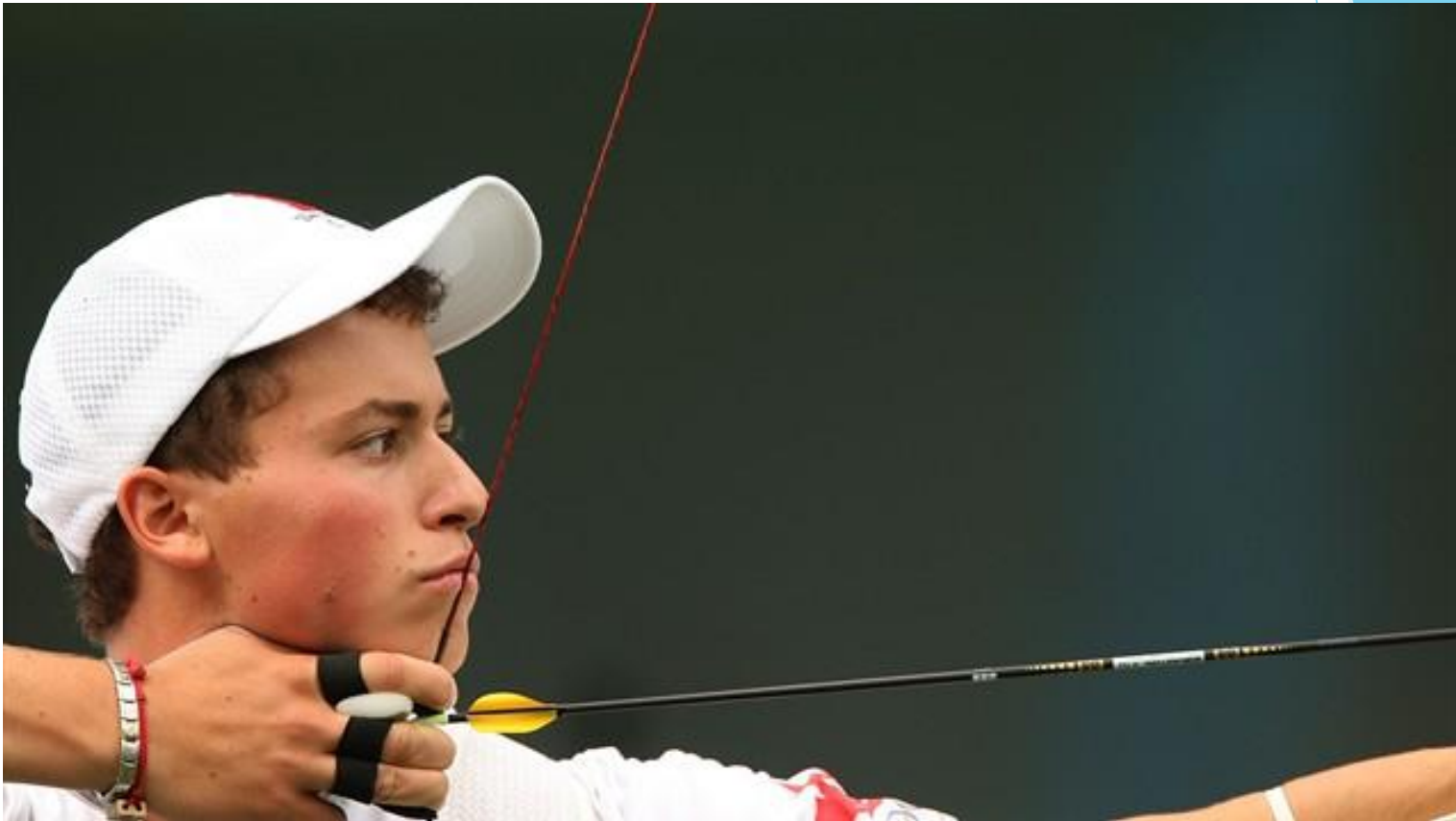
A activity session consists of:

- **Warm up**
- **Main Body**
- **Cool Down**
- **Feedback / Debrief**



Target setting

When planning sports sessions, you should set yourself specific goals that you would like to achieve. These goals or targets could be short term, medium term or long term.



Use of language

Through using language effectively a sports leader will develop:



- Rapport with the performers
- Sport specific knowledge
- Respect for performers
- Sports performance of individuals and teams
- Knowledge of the sport (technical, tactical, rules and regulations)

The language you use will vary from beginners to more advanced performers. Make sure you are always clear and concise with instructions.



Evaluating

You will need to provide participants with feedback on their strengths and areas for improvement in their performance.

The key is **honesty**.

Observe experienced sports leaders and coaches.

Ask for support from experienced leaders when you are running a session.



Qualities for successful sports leadership

A good sports leader demonstrates a number of positive qualities:



- **Appearance** – dress appropriately for your activity
- **Leadership** – adapt your methods and leadership style to suit activity and performers
- **Personality** – let it shine through into your sessions



- **Enthusiasm** – keep smiling
- **Motivation** – praise your performers
- **Humour** – have a good sense of humour
- **Confidence** – standing in front of a group of people and demonstrating skills



Responsibilities of a sports leader

Sports leaders have responsibilities in the following areas:

- Professional conduct
- Health and safety
- Insurance
- Child protection
- Legal obligations
- Equality



Professional conduct

Conduct is the way we behave. Sports leaders should encourage participants and provide them with positive experiences by promoting fair play and playing to the rules of the sport.



Health and safety

Sport is a physical activity and carries an element of challenge. The risk of accidents is a threat, but good sports leaders will take action through planning and intervention.



Insurance

Sports leaders are liable for performers safety whilst they are under his or her supervision.

You will be covered through your school or college's insurance policy while leading sessions to your peers (as you are supervised by your tutor).



Legal obligations

There are legal requirements that can affect the work of a sports leader.

Laws and legislation are passed by government to support the safety of people who may wish to take part in physical activity.



Ask your tutor
about the
Disability
Discrimination
Act 1995



Child protection

Child protection in sport and physical activity is essential. Many sports clubs now complete police checks and ensure that leaders undertake child protection training.



Equality

As a sports leader you will deliver sessions in a range of sports to a variety of people with different abilities.

You should deliver sessions that are free from prejudice and inequality and ensure that all participants are treated equally.



Rules and regulations

You will need to promote the rules and regulations of the sport you are leading a session on. You need to develop participants technical ability and their knowledge of the game.



Participants should be made aware of the consequences of breaking the rules and regulations of sports.



Ethics and values

A good sports leader will develop good sportsmanship and fair play in all performers. You should promote the following principles in every session:

- Friendship
- Respect for others
- Playing with the right spirit
- Equal opportunities
- Fair play



Section A: Assignment Task

Task A:

Write an article for a newspaper or web article.

You will need to describe, using relevant examples, the attributes required for, and responsibilities of sports leadership.

Check your Assignment Booklet for the Assessment Criteria



Section B: Undertake the planning and leading of sports activities



Scenario

A local sports club has asked you to deliver a sports activity session as part of an informal interview process. If successful, you will join the sports club as a volunteer leader for one of the many junior teams.

You must demonstrate your ability to plan and lead a sports activity session to a group of younger children from the club



Planning and leading of sports activities

Sports activities can be groups using the following categories:

- Individual Sports
- Team Sports
- Fitness Activities



Think. Pair. Share – What type of sports fit into each of the categories above?



Components of a sports activity session

A sports session should include:

- Warm up
- Skill introduction
- Skill development
- Conditioned game
- Competitive game
- Cool down



Think. Pair. Share – Discuss examples of each stage of a sports session. What would it look like?



Components of a sports activity session

It is important to conduct a warm up and cool down to prevent injury.

1. Warm up - includes activities that will raise the pulse, increase mobility and stretch the muscle.
2. Cool down - includes an activity/exercises to lower the pulse as well as activities/exercises to stretch the muscles



Planning and leading an activity session

The session plan that you design should incorporate lots of information and detail. You will need to consider the following:

Participants

Medical needs

Ability level

Expected outcomes

Time

Resources

Activities

Sequence



Participants

You will need to collect the following information about your group before starting your session plan:

- Group size
- Age
- Ability of performers
- Gender mix
- Interests and prior experience
- Medical information
- Specific needs of participants



Ability levels

The ability and age of your participants will determine the session you deliver and the activities you choose. Make sure they are appropriate for your group.



Specific needs

This could refer to medical information, disability or special; educational needs (SEN).

All participants needs should be met throughout your session. You should be flexible and adapt where you need to.



Aims and objectives

Aims should be stated in your session plan. It is usually something you want the participants to be able to do by the end of the session.

In order to achieve your aims, you need to set objectives. These state how you will achieve your aims.



Expected outcomes

Even when your session seems to be going to plan, you must have alternative ideas just in case. For example:

- More people turn up than expected.
- Required equipment is not available on the day.
- Extreme weather conditions.



Resources

When using equipment and facilities in physical activity sessions the sports leader must check the availability of the equipment and make sure it is safe to use.



Health and safety

When you are leading, you are expected to plan and oversee the health and safety of others as well as yourself. This will include:

- Aims and objectives
- Knowledge of the group and their ability
- Matching activity to their ability
- Risk assessment
- Emergency procedures
- First aid



Lead an activity session

Skills, qualities and responsibilities:

You will be required to demonstrate skills, qualities and responsibilities already described in this presentation.



Participants should be safe at all times. You must also clearly state the aims and objectives of the session and relate rules and regulations to your session.



Demonstration

Demonstrations for physical activities need to obviously be as visual as possible. Sports leaders need to have sufficient knowledge of the technical requirements of the skills to demonstrate correct methods to the learners.



Leading

As well as demonstrating key attributes while leading, you must ensure that core responsibilities are completed.

- Professional conduct is adhered to at all times
- Health and safety
- Equality



Also, the wider responsibilities are just as important:

- Insurance
- Child protection
- Legal obligations
- Ethics and values
- Rules and regulations



Measures of success

To measure success you will need to look at:

- Coverage of planned components
- Meeting set aims and objectives
- Organisation
- Safety



Section B: Assignment Task

Task B:

A local sports club has asked you to deliver a sports activity session as part of an informal interview process. You must demonstrate your ability to plan and lead a sports activity session to a group of younger children from the club.

Check your Assignment Booklet for the Assessment Criteria



Methods you could use to complete learning aim B:

- Session plan with clear justification of selection of activities within the session.
- Video evidence/visual evidence should be provided to demonstrate how learners lead the event.
- Assessors observation record/checklist.



Section C:

Review the planning and leading of sports activities



Scenario

To conclude your informal interview, the club has asked that you complete a review of your performance during the session.

They would like to do this with you through a question and answer session in front of two members of the club and your teacher.



Review

In preparation for leading a session, you will need to plan how you are going to review.

- How will you obtain feedback?
- How will you use the feedback to improve your performance?

How was your planning?

Feedback should ask specific questions

Did you meet all your targets?

Identify your strengths and areas for improvement

Did the observers feel that you contributed to all elements of the session?



Reviewing your planning and leadership

After the completion of a session or event, you should invite the participants to give feedback. This feedback can be used to identify strengths and areas for improvement.

Most commonly, this can be done through an interview or a questionnaire.



Strengths and areas for improvements

After receiving feedback and you have identified your strengths and weaknesses, ask yourself the following questions:

- What went wrong in the session?
- Why do I think this component of the session needs developing?
- What did other people say about this part of the session?
- What can I do to develop this part of the session and make it work?



Target setting

Targets should be set around the performers strengths and areas for improvement. Targets need to be realistic and achievable. For example, you could use the SMARTER model:

S
M
A
R
T
E
R

pecific – applied to a precise element of activity

asurable – way of measuring development

chievable – the goal must be attainable

realistic – consider all elements that could prevent achievement

imed – timescales are needed for completion of the target

xciting – motivating the performer

ecorded – record progress



Development plans

A good sports leader will consider different ways in which they can develop.

The Development Plan should include:

- Aims and objectives
- Goals
- SMARTER targets
- Activities and opportunities, e.g. Training courses
- Possible barriers



Section C: Assignment Task

Task C:

Complete a review of your performance during the session.

This will be completed through a question and answer session in front of two members of the club and your teacher.

Check your Assignment Booklet for the Assessment Criteria



Methods you could use to complete learning aim C:

- Verbal evidence given by the learner with the support of feedback results collated after the session took place.
- Visual aids for the interview or written handouts for each interviewee

