

**PRIMARY
SPORTS
LEADERS
BOOKLET**



WINDSOR

SCHOOL SPORT PARTNERSHIP

WSSP Primary Sports Leaders Booklet

The leadership booklet will help young leaders develop their leadership skills: including communication, organisational skills and confidence.

Leadership Booklet Tasks:

- Task 1: Develop Leadership skills
- Task 2: Encourage others to be active
- Task 3: Be Inclusive
- Task 4: Plan a competition or a personal best challenge

We encourage all leaders to adopt and demonstrate the School Games values as well as encourage their peers to live Healthy Lives. The six School Games values were developed by young people to recognise how the experience of being physically active should be a major part of school sport and to reflect the 'spirit' of the School Games.



TASK 1 - Develop Leadership Skills

Think about each of the following headings and do something under each to help develop your skills. Write what you did for each one.

- Promoting activity - e.g. telling someone the benefits of being active.
- Assisting your teacher/parents - e.g. helping in a lesson/home activity
- Creating Opportunities - e.g. organise a lunchtime/home activity
- Encouraging others - e.g. getting a friend/family member to start a new activity

Promoting Activity	
Assisting your teacher/ parents	
Creating Opportunities	
Encouraging others	

There are lots of skills qualities and attributes needed to be a good sports leader. See if you can list 10. See the next page if you need help. Can you think of any others?

1		6	
2		7	
3		8	
4		9	
5		10	

List your two best skills/qualities and two skills/qualities you would like to improve on.

	My Best Skills/Qualities	My Skills/Qualities to Improve
1		
2		

Determined

Reliable

Respectful

Confident

Positive Attitude

Polite

Courageous

Tolerant

Responsible

Helpful

Patient

Enthusiastic

Inclusive

Fair

Kind

Passionate

Motivational

Communicative

Friendly

Committed

Organised

Inspiring

Understanding

Decision Maker

Cheerful

Task 2 - Encourage others to be active

Give 3 reasons why physical activity is good for you.

1	
2	
3	

Pick 2 or 3 of the following to complete:

Design a poster to encourage others to **GET ACTIVE**

Design an obstacle course for your family (indoor or outdoor). Make sure it's fun and safe.

Create a fun dance routine. Keep it simple and use lively music. Teach it to your friends and family.

Create a sports related Word Search with at least 15 words to find.

Create a sports quiz and challenge your friends and family.

Create a sports related Word Scramble with at least 10 words to find.

Task 3 - Be Inclusive

It is important that everyone is involved in PE and physical activity regardless of their physical ability, gender or age. As a leader it is important that you involve everyone and look for ways to modify games so that everyone can be included.

A great way to ensure everyone is included it to use the STEP model:

Space - where the activity happens and how much space/area there is, to make safe, easier/harder if needed

Task - what is the activity and can we change it

Equipment - what is being used and can the equipment be adapted

People - who is involved and the number of people.

Complete the following task:

Design a target or seated game. Think of different ways to score. What games can you think of using socks/bucket?

Name of the Game:	
Space: What space do you need?	
Task: How do you set up? How do you play? What are the rules of the game? Sometimes a drawing helps explain a game.	
Equipment: What equipment do you need to play?	
People: How many people can play? Is it too difficult or too easy for those playing?	
How to Score:	

Research a Paralympic, Olympic or Non—mainstream sport. Make an advert or poster promoting the sport. Use the next page as a template. If possible, try playing this sport.



Task 4 - Plan a Personal Best Challenge

Sometimes, it's not always about competing against other people but about trying to get better as an individual. A Personal Best Challenge is a challenge you do several times to see if you can beat your own score over time.

Plan a Personal Best Challenge that could be delivered at home and challenge your parents and/or siblings to complete it.

- It needs to be simple and involve very little equipment.
- It should take no longer than 60 seconds for each person to complete.

E.g. How many times can you hop on one leg in 30 seconds, how many times can you bounce and catch a ball in 30 seconds. Should we compare our scores? Why not?

Think about the following:

- Who will do this activity
- Is the activity suitable for everyone
- What do you need to make it happen - equipment, stopwatch, scorer
- When is a good time to do this
- How will you score?

Name of activity:	
Where will it take place:	
Rules of activity:	
Equipment needed:	
Who will take part:	
Scoring :	
Any additional information:	

Design a scoresheet for the activity, for example:

Name	1st try	2nd try	3rd try	Best score	Difference Best/Worst score
Laura	22	24	25	25	3