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**LEADING THE WAY – Training**

You are a selected group who your teacher has identified as having potential as a sport/activity leader in this school.

This means they think you are reliable, have good communication skills and like to do things to help other people.

**TASK 1**

Around the room are 4 words – *Communication, Organisation, Safety, Enjoyment* (RESOURCE included)

With a partner go and look at each and discuss what it might mean when thinking about leading lunchtime activities.

Return and have quick discussion.

Enjoyment – make it fun

Organisation – be ready, do you have a plan, what do you need?

Safety – check the area and try to avoid accidents – what do you do it there is?

Communication – speak, signal and demonstrate quickly and clearly so everyone can play

There are 4 things to plan for when leading and this forms the rest of our course.

**P People**

**A Area**

**C Communication**

**E Equipment**

**TASK 2**

**People** – try to do at least 2 of the activities suggested

* Quick game of dodgeball boys V girls. Was this fair?
* Getting into teams. Select 4 methods from the cards (numbers game, team captains, ask them to get into teams, height). (RESOURCE included) What did they think worked best and why and which will they never use?
* Big game of football then 2 smaller games – which was best?
* Rounders – traditional (lots of people stood around not involved) 3 in a bucket or caterpillar rounders a better option

We need to make the teams fair and have maximum activity

**TASK 3**

**Area** – Is there a designated area for leader to use as lunchtime?

* Tig in big area with one catcher – was it fun for catcher? How can we adapt? More catchers or reduce the area
* Piggy in the middle in 3’s with tennis ball. How did it work, was it safe? Better to divide the area using cones or lines on playground

**TASK 4**

**Communication** – is about more than just talking. Think about verbal and non-verbal and positioning

* Teacher led warm up using – voice, whistle, demo, signal, positioning (good and bad), body language (good and bad). Discuss what they saw…
* Back to back drawing (RESOURCE included)

**TASK 5**

**Equipment** – Plan the getting out and putting away. Who keeps the store tidy? Does all of it get put out every day?

* In groups of 3. Give each group one or two pieces of equipment and get them to invent a game which they will show the rest of the group. Only allow 5 minutes to plan this. Get feedback – www & ebi

**TASK 6**

Look at the Positive Play folder. Split the group into 3 and give one group ‘James Bond’ one ‘Frost and Sunshine’ and the other ‘Time Out’. They will teach their game to the group and all join in to play (even the leaders). Remember to think about PACE. (RESOURCE included)

**Reflection time……**

Equipment you would need to deliver every activity on course is listed below.

The equipment may need to be modified for the space and number of leaders.

4 laminated word cards

4 Getting into team cards

Drawing shapes sheets

Instructions for James Bond and Frost and Sunshine

4 dodge or foam balls, 2 Footballs, 3 Tennis balls, Rounders bat

Bucket, Cones, Whistle

About 6 random pieces of PE/Play equipment.

Positive play file

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