

INSPIRE TOGETHER



A healthier, happier, future generation

YOUTH AMBASSADORS

SECONDARY LEADERSHIP TRAINING

NAME:

SCHOOL:

CLASS:



#TakingTheLead

#LeadTheWay

#LeadAndInspire

WELCOME

A WELCOME FROM US...

Congratulations on being chosen as a Youth Ambassador for your school. As a youth Ambassador we will challenge you to all make an impact within school and be a positive role model and ambassador for sport & physical activity.

After the training, you will have developed your leadership skills and be inspired to improve the sporting and physical activity opportunities at your school.

Make the most of the training, be enthusiastic, try hard and most importantly, HAVE FUN!



WORKSHOP 1

INTRODUCTION

QUALITIES OF A LEADER

Can you name any **GOOD Leaders**? Write their names below. Why do you think they are an effective leader?

- 1.
- 2.
- 3.

What skills and qualities of a good leader did you talk about? Write them in this box to remind you.

What are your **TWO** best qualities?

Which quality do you want to improve today?



WORKSHOP 1

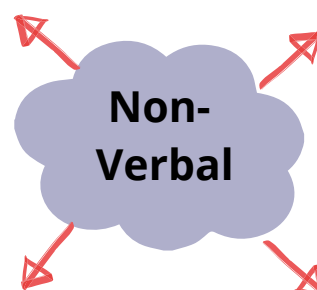
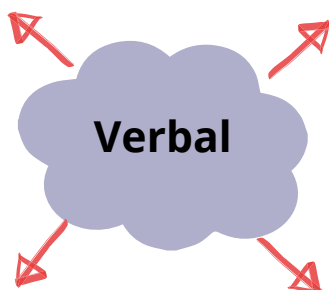
INTRODUCTION



COMMUNICATION

Developing your communication skills is important for when you are promoting your ideas, as well as when you are leading an activity.

What makes effective communication?



What did you learn through completing the communication tasks?

WORKSHOP 2

UNDERSTANDING PARTICIPANTS & PLANNING AN EVENT

Discuss with the person next to you....

What motivates young people to be physically active and play sport?

What is your motivation to be active and play sport?

What excites you most about being a leader?



What are the barriers for young people taking part in Sport & Physical Activity?

UNDERSTANDING PARTICIPANTS & PLANNING AN EVENT

RISK ASSESSMENTS



How many dangers can you spot in the above gymnastics session?

Whether you're doing a coaching session or running a tournament, it is always important to complete a risk assessment. This way you can make sure that everyone taking part is safe.

WORKSHOP 2

UNDERSTANDING PARTICIPANTS & PLANNING AN EVENT

PLANNING AN EVENT

When planning and delivering an event, it's important to use the **SMILES** and **STEP** tools to help you.

SMILES

A successful intra-school competition should create **SMILES** for all. Use this to check for success.

- **SAFE**
 - > Participants feel physically and emotionally safe.
- **MAXIMUM PARTICIPATION**
 - > Participants are fully involved all of the time.
- **INCLUSIVE**
 - > Activities are designed to suit all participants' needs and abilities.
- **LEARNING**
 - > Participants develop new skills or knowledge.
- **ENJOYMENT**
 - > Participants' interests and motivations are catered for.
- **SUCCESS**
 - > All participants feel a sense of achievement.

YST LEADERS

SPORT ENGLAND

#care2lead

YOUTH SPORT TRUST

STEP

If your intra-school competition does not create **SMILES** for all, you need to **STEP** in. You may **STEP** in before, during or after the competition to make it a success.

- **SPACE** - where it is taking place, e.g.
 - > Size and shape of playing area
 - > Height of targets or nets
 - > Location
- **TASK** - what is happening or how it is happening, e.g.
 - > Choice of activity
 - > Competition format
 - > Rules and techniques
- **EQUIPMENT** - which equipment you are using, e.g.
 - > Type of equipment used by participants
 - > Signs and signals used by officials
 - > Publicity materials
- **PEOPLE** - who is participating with whom, e.g.
 - > Individual, pair or team activities
 - > Home or away teams
 - > Seeded or grouped by ability/needs

YST LEADERS

SPORT ENGLAND

#care2lead

YOUTH SPORT TRUST

NOW ITS TIME TO PUT THEORY INTO PRACTICE...

WORKSHOP 2

UNDERSTANDING PARTICIPANTS & PLANNING AN EVENT



PLANNING AN EVENT

Using the information you have learnt, plan a sporting event that you can run at your school. This could be before, during or after school.

Who / What/ Where/ When

Event description

Equipment

Remember to use the **SMILES** and **STEP** tools whenever you're planning an event.



WORKSHOP 3

SCORING & OFFICIATING

ROLES & RESPONSIBILITIES

Task 1: What do you think the roles and responsibilities should be?

Name of Official	Role - What do they do?	Responsibility - why do we need them?

Why do you think rules and regulations are important?



WORKSHOP 3

SCORING & OFFICIATING

KEY TIPS FOR OFFICIATING



Now its time to put theory into practice...

- In groups, set up a netball, hockey / table tennis match.
- 2 students should officiate the game with the rest of the group as participants.
- Swap over officials every 2 minutes to ensure everybody has a turn at officiating.
- Focus on the top tips we have discussed.



WORKSHOP 3

SCORING & OFFICIATING

REFLECTION

Activity officiated: _____

How did you feel when you were officiating?

What went well?

What could be improved next time?



WORKSHOP 4

FAIR PLAY IN SPORT

SCHOOL GAMES VALUES- MATCH UP TASK

Each one of the School Games Values has been chosen by children to demonstrate what the experience of school sport should be built around with a focus on personal excellence.

Can you draw a line from the School Games value to the correct definition?

You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Have the mental strength and the self discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!



With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success.



Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you.



Treating others politely and with understanding. Respect every day, in everything you do and for everyone around you.



WORKSHOP 4

FAIR PLAY IN SPORT



Fair Play is a **virtue of rule adherence** whereby players and athletes abide by the rules of competition. It is also a commitment to contest in a good spirit and encourages a good attitude towards sport that includes respect, modesty, generosity and friendship.

What does fair play mean to you and how is it implemented in your sport?

Why is Fair Play important?

Can you think of positive examples of **FAIR** play in professional Sport?

Can you think of positive examples of **UNFAIR** play in professional Sport?

Rank the following words in order of importance of fair play
Honesty, Gamesmanship, justice, rightfulness, neutralism, integrity, morality, principles



WORKSHOP 4

FAIR PLAY IN SPORT

SPIRIT OF THE GAMES AWARD

The Spirit of the Games (SOG) Award is awarded at the end of the competition to those teams that display the School Games Values throughout the competition.

Why is the Spirit of the Games Award important?

How can we decide who wins the SOG Award? Who can we talk to?

- 1.
- 2.
- 3.
- 4.

SCHOOL GAMES



WORKSHOP 5

HEALTH & WELLBEING

Health & Wellbeing is defined as the combination of **Physical, Emotional** and **Social** health.

HEALTH & WELLBEING QUIZ

1. How many minutes physical activity should young people get per day? _____
2. What percentage of boys in the U.K. are considered to not get the government recommended amount of minutes exercise per day? _____
3. What percentage of girls in the U.K. are considered to not get the government recommended amount of minutes exercise per day? _____
4. What percentage of young people in 2019 reported having a mental health disorder? _____
5. What percentage of young people actually get 60 minutes of activity per day? _____
6. What percentage of U.K. children classify as obese? _____
7. What is the recommended daily screen time for young people in minutes? _____
8. How many minutes on average do young people look at a screen each day? _____
9. How many hours sleep is it recommended young people get per night? _____
10. What percentage of young people believe that FRUIT PASTILLES are one of their 5 a day? _____



WORKSHOP 5

HEALTH & WELLBEING

PLAN A HEALTH & WELLBEING FESTIVAL

Task 3: Plan your own mini health & wellbeing festival. This must include 3 x 15 minute stations aimed at year 3/4 children.

Activity 1 _____

Activity 2 _____

Activity 3 _____

Remember to use PACE

People, **A**rea, **C**ommunication, **E**quipment



WORKSHOP 6

ACTION PLANNING

Work with your fellow sports leaders to complete the following 5 challenges. These can be amended to suit the needs of your school, but make sure you are able to provide evidence of each of the challenges. Ensure you share the tasks fairly between your group:

CHALLENGE 1 - PLAN A TARGET GAME

Can you design a target game using 3 pieces of equipment and come up with different ways of how you can score points.

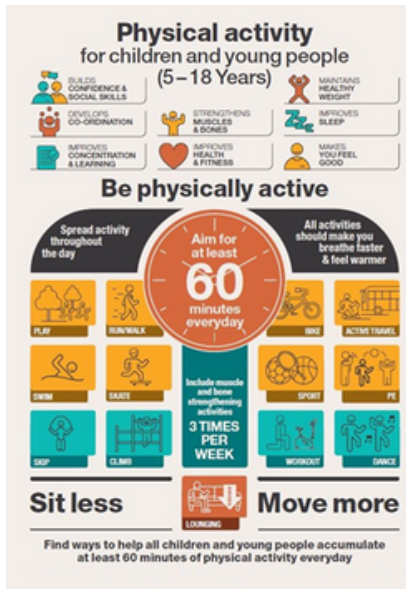
CHALLENGE 2 - DESIGN AN INCLUSIVE GAME

Can you design a physical game that requires you to be seated i.e. Boccia, seated Basketball etc.

WORKSHOP 6

ACTION PLANNING

CHALLENGE 3 - CREATE A POSTER / SOCIAL MEDIA POST



Your challenge is to create a poster or social media post to promote the importance of physical activity and the opportunities within school.

Talk to your teachers and PE department about the pre existing clubs within school.

Remember to make it as colourful and engaging as possible!

CHALLENGE 4 - PLAN A PERSONAL BEST CHALLENGE

1. Choose your target group, this could be:

- Individuals (easy)
- A set group e.g. class (medium)
- A year group (hard)
- Whole school (very hard)



2. Choose your activity (skipping challenge, basketball throw,

3. Does it suit your target group?

4. Make a list of what you need to make the activity happen (Equipment, cones, rules, venues).

5. Run through the organisation of the challenge with your teacher and make sure you haven't missed anything.

WORKSHOP 6 ACTION PLANNING

CHALLENGE 5 - CREATE A SHORT CHALLENGE VIDEO

Can you put your personal challenge into a short video?

Suggested transcript:

1. Introduction of your group and your challenge

"My name is Claire and i'm a year 7 Sports Leader at Woodbrook Vale School"

2. Overview of the challenge

"I'm challenging you to score as many basketball free-throws as possible in 30 seconds. It doesnt matter what size ball you use, as long as you start from the free-throw line and collect your ball after every attempt"

3. Demonstration of the challenge and coaching points

"whilst taking part in this challenge, keep your feet behind the line, bend your knees and throw the ball from your finger tips'

4. Set the viewer a challenge

"I scored 10 baskets in 30 seconds, can you beat my score?"

5. Links to a sports club (in or out of school).

"If you liked this activity, why not check out the opportunities the Leicester Warriors Basketball club have outside of school?"

*Can you add your challenge video to the **Team Leicestershire App** for pupils at your school to take part in.*

Speak to your teachers about how to do this!



WORKSHOP 6

ACTION PLANNING

Use the table below to track your progress on completing these challenges:

Challenge	Evidence	Relection Points
Challenge 1		
Challenge 2		
Challenge 3		
Challenge 4		
Challenge 5		



GOOD LUCK!



NOTES PAGE

