

# Skills Training – We Are Learning To...



## WALT

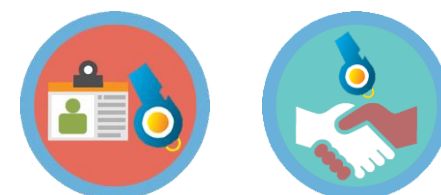
### Journal pages I will need to complete

### Achievement badges I will be awarded

Session 1

#### Introduction to Active Leadership

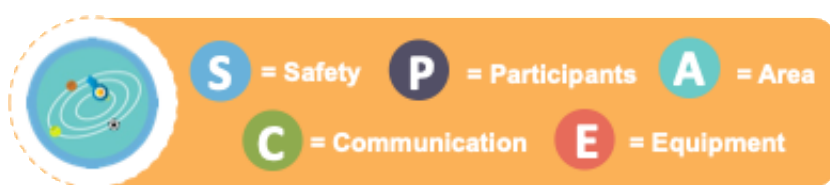
- Understand what makes a good leader.
- Create a young active leader 'Code of Conduct'.
- Identify what is required to lead a group active warm-up and understand the importance of warming up.
- Identify what is required to lead a group active game.
- Understand the different roles of a young active leader.



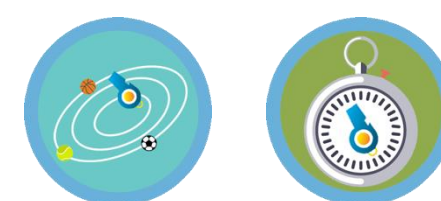
Session 2

#### Warm-ups and Creating Active Games

- Lead a group active warm-up.
- Use the acronym S.P.A.C.E. as a young active leader.



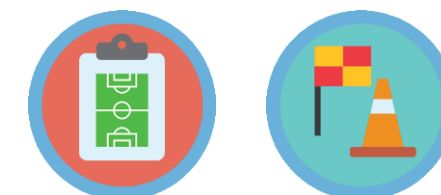
- Understand the different roles of a young active leader.
- Invent an active game, using a set equipment list.



Session 3

#### Leading and Evaluating Active Games

- Lead a group active warm-up.
- Lead an active game we have invented with our young leader peers acting as participants.
- Evaluate active games and recording a game cheer-o-metre.



Session 4

#### Creating and Leading Personal Best Active Challenges

- Lead a group active warm-up.
- Create and lead a personal best active challenge, using a set equipment list.



Session 5

#### Young Active Leader Officiating

- Lead a group active warm-up.
- Explore different ways to organise teams, understanding the importance of creating fair teams.
- Officiate / referee different active sports.



Session 6

#### Planning a Multi-activity Lunchtime Session

- Plan a multi-activity lunchtime session putting into action knowledge and experience gained from all previous sessions.
- Create a participants' poster to promote being a good sport.

Session 7

#### Delivering a Multi-activity Active Lunchtime

- Deliver a multi-activity active lunchtime for lower key stage children, undertaking first leadership challenges.



Session 8

#### Planning for the Future

- Provide and receive constructive evaluation feedback.
- Log leadership challenge activities to work towards our bronze, silver and gold leadership awards.
- Use young active leadership challenge cards and resources to plan future active leadership activities across the whole school community.
- Identify leadership opportunities linked to national sporting events and active wellbeing campaigns.

