



PEMBROKE
A PRIORY ACADEMY

Summer Sports Leadership 2020



@PembrokeSGO



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www.yourschoolgames.com

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What is it?

Whilst in lockdown you may have been involved in the School Games Virtual events, so now we thought that you could work on your leadership skills. Many of you may have already been involved in some sports leadership within your schools. So now it's time for you to show these skills off to your friends and family!

What do I need to do?

Read the booklet and pick 6 tasks to complete over the summer holidays. These tasks will involve your friends and family! Be creative and have fun with all the tasks!

To complete this summer programme, you will need to:

- Fill out the questions at the front of the booklet
- Complete 6 of the challenges and have them signed off (This can be by your parent or school teacher)
- Plan a competition or personal challenge for your school, when you return

What will I get at the end of this?

Once you have completed the programme and have sent this to your teacher, you will receive a leadership certificate and will also be in with the chance of winning a £10 Amazon voucher. Those that have completed the pack and shown creativity or a good understanding, will be put into a hat. We have 6 vouchers of £10 each available so 6 names will be drawn as winners of a £10 Amazon Voucher.



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About you

Name	
School you attend	
Year group at school (Sep 2020)	
Gender	
Sports I enjoy the most	
Parent email address (for communication if you are winner of the £10 Amazon voucher)	

In this pack you will find all the information you will need to complete the leadership programme.

You will need to choose 6 of the leadership activities to complete from the 12 examples we have given you. Any work completed should be added to your pack and returned to your school as evidence. This can be as a paper or word document, or a photograph as evidence.

Don't forget to get a witness to sign that you have completed the 6 tasks you chose.

Remember, be creative and make it FUN!



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Task List – Have I??

- ✓ Answered 'Developing your Leadership skills' page

The 6 tasks I completed were:	Witness name and signature

- ✓ Completed 6 of the 12 leaders activities
- ✓ Planned a house team competition to deliver at school
- ✓ Send in my completed pack, with evidence to my PE teacher

If you have any questions then please ask your parents to email

rpledger@prioryacademies.co.uk

We would love to see how you're getting along, why not get your parents to share your progress through social media.

@PembrokeSGO is who they need to tag in.



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Developing your leadership skills

The skills and behaviours that a leader must show are:

- Communication
- Self-Belief
- Team work
- Self-Management
- Problem solving

Which of these skills do you think you have to use most often as a leader?

Which of the list above do you think are your strengths?

Thinking back to when you was in school, can you give an example when you have used one of the above?



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Sports Leaders Activities

(Choose 6 of the following 12 to complete)

Design a trick shot

Can you challenge the people in your school to attempt a trick shot

Design a poster

Design a poster to encourage others to get active and hit their 60 active minute's target

Fitbit friend challenge

Challenge someone to a fitbit challenge.
How many steps, how many calories burnt?

Create a socially distanced game to play

Think of a game you could play with others either virtually or without contact. How do you play the game?

Dance

Create a dance or sequence of moves, using lively music for others to learn and perform

School Games Values

Give an example of how the 6 School Games Values may be shown in sport.



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Design a PE or Sport Kit

Design a suitable kit for everyone to use as either their school PE kit or for a sports event.

Create a recording sheet

Create a way to record physical activity amongst your friends or family. What are you recording, how do you record it?

Challenge

Design a simple challenge to complete every day for a week. Has the challenge improved the desired skill or increased fitness levels?

Survey

Ask 8 friends the following questions (record answers)
“Do you miss PE & Sports events?”
“What would you change about PE in school?”

Club

Plan an activity that you can deliver to some of the younger children at your school.
What is the purpose of the club?
Who is it for? Share the plan with your teacher to see if you can deliver it.

Multi-skills challenge

Deliver a carousel of 4 different skill based activities to your friends or family.
What are the activities? How do you explain/ show them what to do?



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For every activity or event to take place and be safe, it must give everyone 'SMILES'

Safe

- Do the participants feel physical and emotionally safe

Maximum participation

- Participants are fully involved in all of the activities all of the time.

Inclusive

- Activities are designed to suit all participants' needs and abilities.

Learning

- Participants develop new skills or knowledge

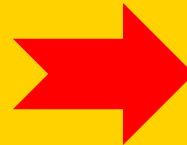
Enjoyment

- Participants' interests and motivation are catered for.

Does the activity achieve SMILES?



STEP In



Make the Change



Try it out



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To support the design of daily/weekly opportunities, please consider the below STTEP principles when planning and implementing activities.

S



Understand the Space

To ensure that activities are reflective of the homes of a range of families

- Ensure that activities can take place with limited floor space
- Consider a balance of indoor and outdoor activities
- Think about the surfaces and levels available e.g. walls

T



Understand the Task

To ensure that it is suitable for the audience

- Ensure a well-balanced timetable of activities that focus on play, fitness, physical literacy, virtual competitions and problem solving
- The aim of the activity should be clear to parents/guardians
- Ensure the activity can be simplified or be made more

T



Plan your Time

To achieve 60 active minutes per day

- Activities don't need to be a 60-minute burst, consider bite sized chunks that can be spread across the day
- A good resource is the Change4life clock where they can build their own schedule

E



Understand Equipment

To ensure that activities are planned with a limited range of resources

- Ensure that activities can be carried out with little or no equipment
- This is an opportunity for creativity – what household items can be re-purposed for activities?

P



Understand your People

To ensure that activities are planned for a range of family types

- Ensure a balance of activities that can be completed alone or as a family
- Ensure that there are activities that do and don't require adult involvement
- Ensure that there are activities for both primary and secondary age children
- Ensure that the task is accessible & inclusive for a range of young people
- If using online resources, ensure a representative view of young people in those videos

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Types of competition

Competition format	Equipment	Pros	Cons	Adaptations
Knockout	Competitors are knocked out if they lose. Winner progress to the next round.	Quick way to identify a winner Competitors learn to deal with pressure	Lack of playing time for competitors who are knocked out. Not everyone will get to play everyone	Have a round robin stage before the knockout stage
Round Robin	All participants play each other. The winner has the best score at the end.	Maximum participation Creates more opportunities for success	Takes a long time Competitors may be waiting around for their turn.	Have smaller groups so reduce waiting time.
Personal challenge	Competitors participate as individuals and the aim is to improve with own performance	Suits competitors who are motivated by personal best Builds confidence and skills	Need competitors to be self-motivated May reduce opportunities to build social skills	Use personal challenge to help set the initial ranking
Ladder or pyramid	Competitors are ranked and play others at the same level	Competitors play others of similar standard Competitors can see their progress	Needs enough competitors of similar abilities Competitors may disagree with their abilities.	Use personal challenge to help set ranking at first



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Doing a risk assessment as part of your planning help keep everyone safe.

- **Playing area**

- It is clean and free from obstacles
- There is enough space for activity
- Spectators and player can move and watch
- Weather, temperature and noise are fine

- **Equipment**

- It is appropriate for the participants
- It is in good condition
- It is set up (taken down) correctly
- It is stored safely during and after play

- **Participants**

- Are wearing appropriate footwear and kit
- Have removed jewellery or accessories
- Understand the rules and safety procedures
- Have no health reasons for not taking part

- **Organisers**

- Know the safety procedures
- Know where to find First Aid provision
- Report any incidents to school staff



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Title

Work Space

Equipment needed

S.T.T.E.P

Space

Task

Time

Equipment

People



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Planning a house team competition in school

We would like you to plan a competition that you could deliver in school. This competition does not have to be delivered to complete this leadership pack, but we would like to see how you plan to deliver one.

You can choose the sport and format of the event that you would like to deliver, but remember every house team must be represented and have a fair chance.

What do I need to consider?

- The sport and the format of how it will run
- How many house teams are at my school
- How many people can take part
- What equipment will I need
- Where and when will it run
- How do I determine a winner
- S.T.T.E.P – What may need changing during the event
- S.M.I.L.E.S

Scan the QR code here →

On this website you can find all the virtual events and formats we have delivered during lock down.



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Reviewing my Leadership skills

How did you find the 6 leadership activities?

What strengths do you feel you showed during your planning and delivering of the leadership activities?

What part of the leadership programme did you find the hardest and why?

Would you like to further your leadership skills through any of the following; Leadership Academy, Supporting a primary school event, running a sports cub in your school? – Why?



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