



PLYMOUTH

School Sports Partnership

KS3 Sports Leadership Award

Guidance on how to deliver the young leaders award

Copyright © 2015 Plymouth School Sports Partnership. All rights reserved

The Plymouth Schools Sports Partnership withhold all rights to the maximum extent allowable under law. Any unauthorised copying, or reprinting will constitute an infringement of copyright. Permission granted to Plymouth Sports Partnership member schools reproduce for personal and educational use only. Commercial copying, hiring, lending is prohibited.



Delivering The KS3 Leaders Award

How to Deliver the Award:-

- The KS3 Leaders Award has been designed to be delivered in a practical fashion as part of normal core physical education curriculum lessons
- The award consists of 3 delivery areas. These areas are designed to be delivered through the following activities: warm up, officiating & coaching
- Participants have a set of leadership requirements to complete
- You can deliver the syllabus as 1 award or 3 separate awards. The award/s have levels of competency and students can achieve a Gold, Silver or Bronze Award
- The award has no fixed duration and can be continually assessed throughout the year, or be delivered as a 6 to 12 week course as part of a national curriculum unit of work
- The students complete the award at the discretion of the physical education staff. There is no set assessment, however leaders should be asked to continually evaluate their own and others work and be able to demonstrate the school games values
- When the course has been completed students can be awarded an appropriate certificate , these are included in this tutor pack
- Physical education departments are encouraged to use this award as a starting point for leadership development and as a pathway for students to become Leadership Academy members or be part of the Young Ambassador programme



Award Content

1. A Good Leader:-

- Qualities of a Good Leader
- Skills of a Good Leader

4. Planning:-

- Session Planning
Number - Time - Duration - Gender - Ability
- Structure
Warm Up - Skill - Development - Game - Cool Down

2. A Good Session:-

- Planned & Organised
- Active & Purposeful
- Enjoyable
- Safe

5. The STEP Process:-

- Space
- Task
- Equipment
- People

3. Communication:-

- Verbal
- Non Verbal
- Use of a Whistle

6. Health & Safety:-

- Jewellery/Clothing/Footwear
- Equipment/Area
- Risk Assessment
- First aid procedure



KS3 Leaders Syllabus

THE BRONZE AWARD

- (i) Understanding & demonstrate good leadership qualities & the School Games values
- (ii) Have an understanding of the principals of verbal, non verbal communication and the use of a whistle
- (iii) Understand the principals of the STEP process
- (iv) Understand the principles of a traditional warm up activity & safely & confidently perform a personal warm up
- (v) Safely & confidently lead & officiate a pairs activity or competition

THE SILVER AWARD

- (i) Consistently show & demonstrate good leadership qualities & School Games Values
- (ii) Be able to use both verbal & non verbal communication
- (iii) Understand the principles and put into practice the STEP process
- (iv) Understand the principles of a dynamic & lead a partner in a dynamic warm up
- (v) Safely & confidently lead & officiate a small group game, activity or competition



KS3 Leaders Syllabus

THE GOLD AWARD

- | | |
|-------|---------------------------------------------------------------------------------------------------------------------------|
| (i) | Consistently & effectively show good leadership qualities & School Games Values |
| (ii) | Consistently, confidently effectively use verbal, non verbal communication & use a whistle |
| (iii) | Demonstrate effective use of the STEP process |
| (iv) | Understand the principles of skill related warm up & safely & confidently lead a skill related warm up with a small group |
| (v) | Plan & lead an active purposeful, enjoyable & safe session with a small group of students |
| (vi) | Safely and confidently officiate or referee a small sided or conditioned game activity |



Warm Up Award

LEVEL ONE

- (i) Understand the principles and 3 stage structure of a traditional warm up activity
- (ii) Plan & safely perform a personal warm up

LEVEL TWO

- (i) Understand the principles & structure of a dynamic warm up activity
- (ii) Plan & safely lead a partner in a dynamic warm up routine

LEVEL THREE

- (i) Understand the principles & structure of a skill related warm up activity.
- (ii) Plan & safely lead a small group in a skill related warm up



Officiating Award

LEVEL ONE

- (i) Understand the rules & scoring system of a modified/conditioned pairs activity
- (ii) Confidently & successfully officiate & score a pairs competition

LEVEL TWO

- (i) Show an understanding of the rules of a curriculum activity
- (ii) Referee/umpire a small sided conditioned game or activity.

LEVEL THREE

- (i) Safely and effectively organise 2 equal teams into a game or competition
- (ii) Competently & safely referee/umpire a small sided version of a traditional game activity



Coaching Award

LEVEL ONE

- | | |
|------|-------------------------------------------------------------------------------|
| (i) | Understand the basic coaching points of a simple individual skill |
| (ii) | Confidently and effectively undertake the role of a coach in a pairs practice |

LEVEL TWO

- | | |
|------|-----------------------------------------------------------------------------------------|
| (i) | Plan & organise a small group practice looking at a particular individual or team skill |
| (ii) | Use a demonstration to highlight the key coaching points for a skill or activity |

LEVEL THREE

- | | |
|-------|------------------------------------------------------------------------------|
| (i) | Understand how to structure a coaching session |
| (ii) | Confidently & safely lead a coaching session for a group of 8 to 12 students |
| (iii) | Show a progression of activity from a Warm Up - Skill - Development - Game |



Empolyability Links

Employability Links:-

The following pages show the employability skills/attributes developed during the award.

SKILL	EMPLOYABILITY	THE LEADER
PERSONAL ME Be the best you can be	<ul style="list-style-type: none"> • PROFESSIONAL • SELF CONFIDENT • RESPONSIBLE • ASPIRATIONAL • INTEGRITY • RESLIENCE • ORGANISED 	Leaders are self confident, aspire to be the best they can be, show perseverance, the ability to bounce back & are well organised
SOCIAL ME Team Maker	<ul style="list-style-type: none"> • COMMUNICTOR • COLLABORATOR • EMPATHETIC • MOTIVATIONAL • TEAM WORKER 	Leaders are strong communicators, are able to lead & build teams, work with empathy & trust & can Influence, inspire & motivate others
CREATIVE ME Entrepreneurial & Innovative	<ul style="list-style-type: none"> • IMAGINATIVE • PROBLEM SOLVER • RISK TAKER 	Leaders can generate innovative ideas, can problem solve, are confident to take calculated risks & can challenge current thinking
THINKING ME Reflector & Decision Maker	<ul style="list-style-type: none"> • INNOVATIVE • EVALUATOR • ANALYSIST • DECISION MAKER 	Leaders want to learn, can analyse options & make well timed decisions



School Games Values

School Games Values:-

The following page highlight the values that must be consistently shown in order to gain an award.



Respect



Determination



Passion



Honesty



Teamwork



Self Belief



Cross Curricular Links

KS3 English:-

Speaking & Listening

1. Speaking
2. Listening
3. Group discussion & interaction

Writing

1. Composition
2. Planning & Drafting
3. Punctuation
4. Spelling
5. Handwriting & Presentation

KS3 Leaders Award:-

Using different methods of communication when leading others
Making group decisions and evaluating their own and others' ability to lead

Production of session plans.

KS3 Physical Education:-

Knowledge Skills & Understanding

1. Acquiring & developing skills
2. Select & apply skills, tactics & compositional ideas
3. Evaluate & improve performance
4. Knowledge & understanding of fitness & health

KS3 Leaders Award:-

Leaders must show their ability to plan, lead and evaluate sessions
Pupils learn to lead by developing leadership strategies and skills and evaluating their own and others leadership, coaching and officiating performances and commenting on how improvement can be made. Developing activities and games using the STEP process

KS3 Citizenship:-

Knowledge Skills & Understanding

1. Developing skills of enquiry & communication
2. Developing skills of participation & responsible action

KS3 Leaders Award:-

Learning to lead & communicate with others, using a variety of communication skills and being responsible & safe when leading others

KS3 PSHE:-

Knowledge Skills & Understanding

1. Developing confidence & responsibility & making the most of their abilities
 2. Developing a healthy, safer lifestyle
 3. Developing good relationships & respecting the difference between people
 4. Breadth of opportunities
-

KS3 Leaders Award:-

Leadership requires knowledge, confidence, responsible actions, development of personal & group relationships, respect & empathy. Using the school games values to be the best they can be and developing the a volunteering ethos to take into local clubs and communities



KS3 Leaders Registers

KS3 Leaders Registers:-

The following pages contain an assessment register that can be used to monitor the students' progress through the KS3 Leaders Award.

[illegible]



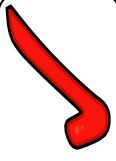
Qualities of a Good Leader

Qualities of a Good Leader:-

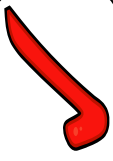
The following are the qualities that leaders should show and understand whilst completing the award

A GOOD LEADER

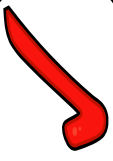
1. Professional



2. Self Confident



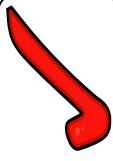
3. Responsible



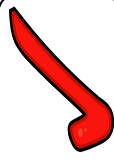
4. Resilient



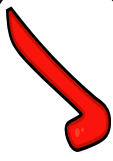
5. Organised



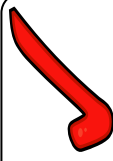
6. Motivational



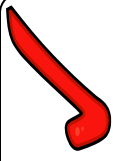
7. Good Communicator



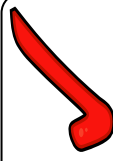
8. Team Worker



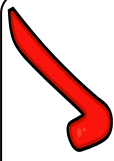
9. Problem Solver



10. Aspirational



11. Decision Maker



12. Empathetic



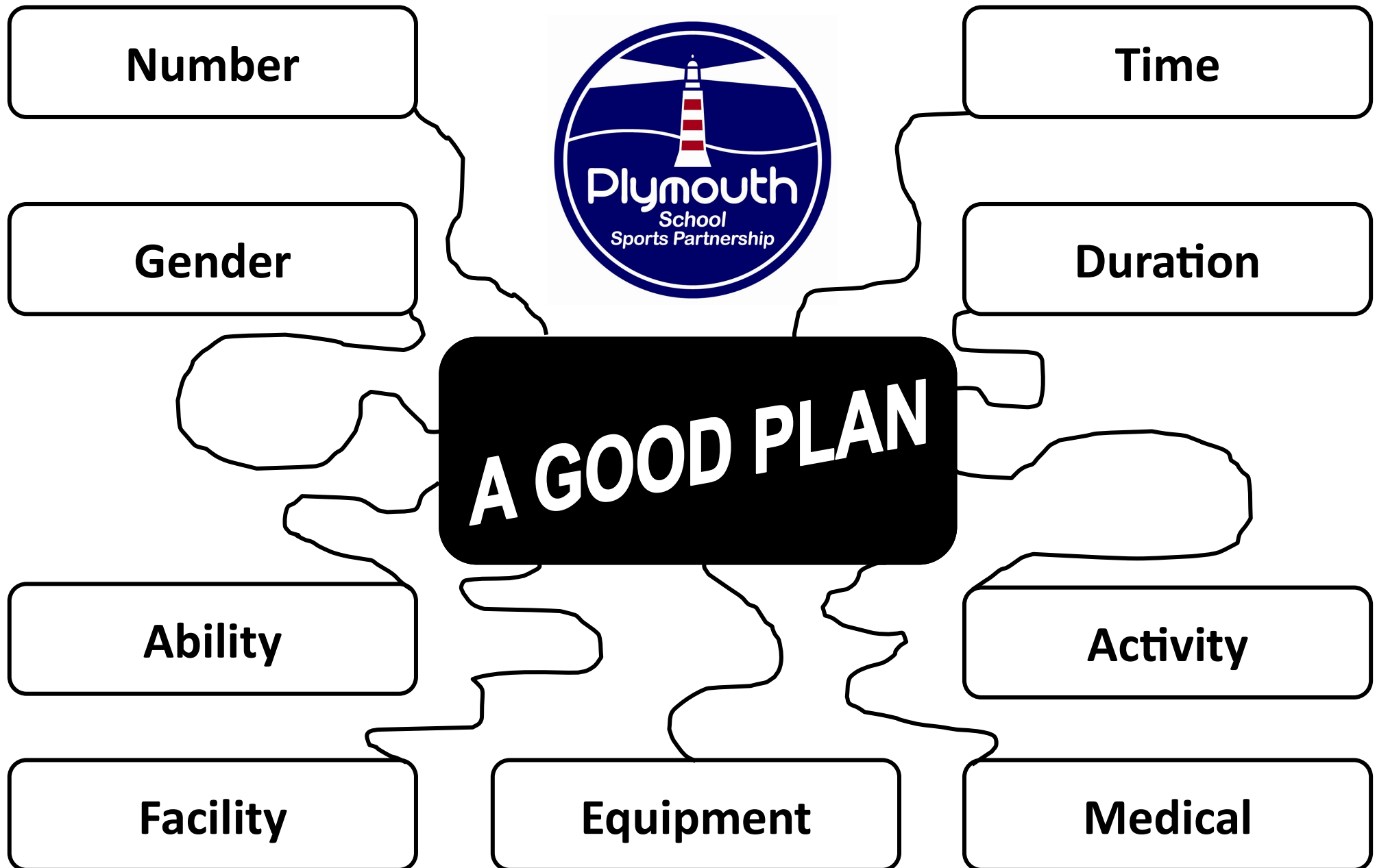


Pre Session Planning

Pre Session Planning

Pre Session Planning

What You Need To Know Before You Plan a Sports Session





Activity Sessions Plans

Activity Session Plans:

Example Session Plans

NAME: Mary Bennett

ACTIVITY: Football

THEME: Dribbling

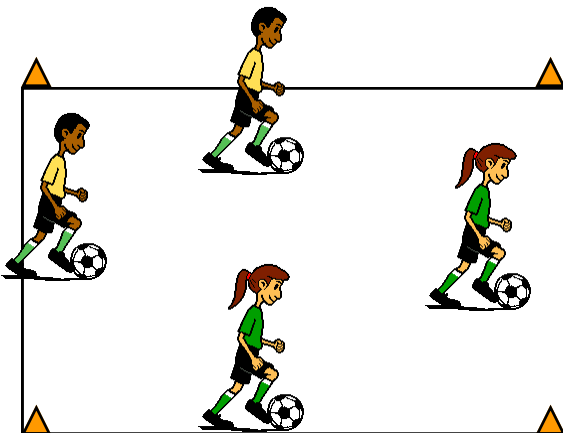
TIME: 9:00 - 9:30

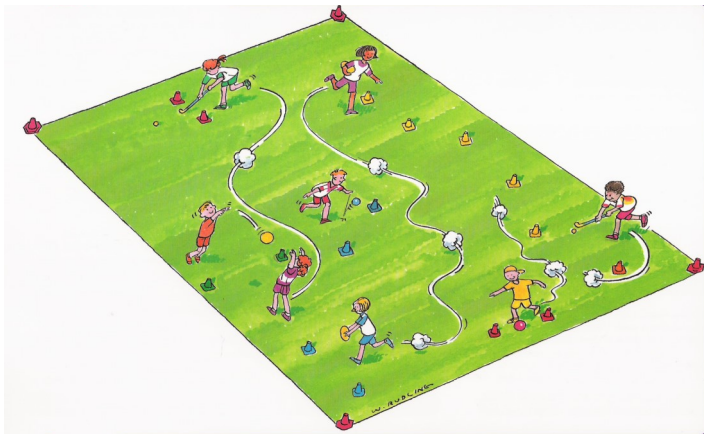
FACILITY: Hard Court Area

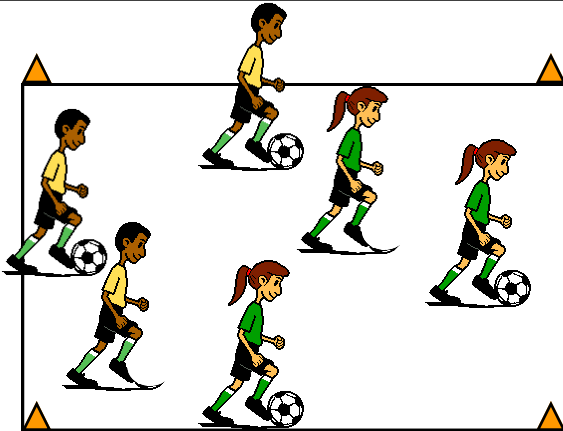
EQUIPMENT:

Cones - 25 balls - 2 sets bibs.

NUMBERS: Girls 6 Boys 14

TIME	TASK	ORGANISATION	COACHING POINTS
5 mins	WARM UP: Individual Dribbling.	<div></div> <ol style="list-style-type: none">1. Mark an area 20 X 20.2. Every person has a ball inside the area.3. Three commands:<ol style="list-style-type: none">(a) Left = Dribble with left foot only(b) Right = Dribble with right foot only(c) Turn. = turn and move off in the opposite direction. <p>HOW TO CHANGE: Add gear system 1, 2, 3. Add more commands. Inside & outside of feet.</p>	<ul style="list-style-type: none">• Use stripes on the inside or outside of the foot to control the ball.• Dribble with the head up in a position where you can see the ball and other players.• For close control keep the ball close to the body.• When dribbling quickly place the ball further in front of the body.

TIME	TASK	ORGANISATION	COACHING POINTS
10mins	DEVELOPMENT: The Gate Game.	 <ol style="list-style-type: none"> 1. Mark an area 20 X 20. 2. Every person has a ball inside the area. 3. Mark a number of gates, using cones, inside the area. 4. On command to start players must dribble the ball through as many gates as possible in 1 min. 5. Players cannot keep going through the same gate over & over again. 6 Repeat activity and see if players can beat their original scores. <p>HOW TO CHANGE: Add roving defender who can block any gate to stop players dribbling through a gate.</p>	<ul style="list-style-type: none"> • Use stripes on the inside or outside of the foot to control the ball. • Dribble with the head up in a position where you can see the ball and other players. • For closes control keep the ball close to the body. • When dribbling quickly place the ball further in front of the body. • Think about the order they can use to get through the gates. • Think how they can improve scores.

TIME	TASK	ORGANISATION	COACHING POINTS
10mins	GAME: Steal a Ball..	 <ol style="list-style-type: none"> 1. Mark an area 20 X 20. 2. Half the players start with a ball and half without. 3. On command to start players must dribble and try and keep possession of the ball for 3 mins. 5. The players without balls are defenders and must steal a ball from players who are dribbling. 6 Player cannot steal a ball back from a player who has just taken it from them. 	<ul style="list-style-type: none"> • Use stripes on the inside or outside of the foot to control the ball. • Dribble with the head up in a position where you can see the ball and other players. • For closes control keep the ball close to the body. • When dribbling quickly place the ball further in front of the body. • Dribble the ball into space and away from defenders. • Change direction away from defenders. • Use your body to protect the ball from defenders. (Shielding)



Blank Session Plans

Blank Sessions Plans

Blank Session Plans

NAME:	ACTIVITY: THEME:	TIME:
-------	-----------------------	-------

FACILITY:	EQUIPMENT:
NUMBERS:	

TIME	TASK	ORGANISATION	COACHING POINTS

TIME	TASK	ORGANISATION	COACHING POINTS



The Step Principle

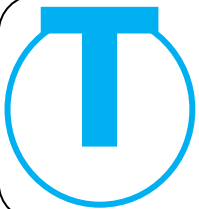
KS3 Leaders Resource

The Step Process

The **STEP** Principle



Is for SPACE. E.G. Changing the size of the playing area or distance between partners



Is for TASK. E.G. Introduce more rules or rotating roles within teams



Is for EQUIPMENT. E.G. Larger or smaller balls or bigger targets/goals



Is for PEOPLE. E.G. Overload team (4 v 3) or having groups of the same/different abilities



Health, Safety & Risk Assessment

KS3 Leaders Resource

The 5 steps to good risk assessment and blank risk assessment sheets



The Five Steps To a Good Risk Assessment

Step one	Step two	Step three	Step four	Step five
<p>Hazard: Only look for hazards that you could reasonably expect to result in significant harm within the setting, e.g.</p> <ul style="list-style-type: none"> slipping or tripping hazards e.g. equipment left lying around, sports hall roof leaking, playing surfaces fire e.g. blocking fire exits with equipment moving pieces of equipment e.g. benches, gymnastics equipment, heavy bags etc. poor lighting, leaks or standing water Inclement weather & high/low temperatures 	<p>Who might be harmed: You don't need to list people individually – just the groups of people who may be affected, e.g.</p> <ul style="list-style-type: none"> club members leaders helpers young people spectators teachers general public vulnerable people <p>Pay particular attention to:</p> <ul style="list-style-type: none"> staff and participants with disabilities visitors inexperienced staff and helpers 	<p>Is more needed to control the risk: For the hazards listed in step one, do the precautions already taken:</p> <ul style="list-style-type: none"> Rectify the issues highlighted represent good practice reduce risk as far as is reasonably practicable <p>Have you provided:</p> <ul style="list-style-type: none"> adequate information and training adequate systems and procedures If yes then the risks are adequately controlled. Where the risk is not adequately controlled, indicate what more you need to do (the action list) 	<p>Completion of the risk assessment form & details:</p> <ul style="list-style-type: none"> who the risk assessment is for when it was undertaken when it is to be reviewed. Complete steps one, two and three 	<p>Review and revision:</p> <ul style="list-style-type: none"> Set a date to review the assessment check that the hazards identified are still being controlled by the precautions put in place changes in the festival planning may require the five steps to be repeated, e.g. different venue Ensure this becomes an on going procedure and set further dates to review.

**Plymouth School Sports Partnership
Activity Risk Assessment: Devon School Games**

Activity Leader:

Emergency Contact:

Date:

Risk	Person Affected	Level	Controls and Further Action	Action by	Completed
Venue/Facility/Area					
Activity					
VENUE CONTACT DETAILS					



KS3 Award Certificates

KS3 Leaders Resource

Certificates



Leadership
Academ

SCHOOL
games

CERTIFICATE



Congratulations to

For completing:

The KS3 Gold Leaders Award

This is awarded in recognition of completing the following areas of the KS3 Leaders Award

Leading Warm Ups ☐ Officiating ☐ Coaching ☐

on

HD

Signed: HD Turner Leadership & Volunteering Coordinator



Department
for Culture,
Media & Sport

change
4life

LOTTERY FUNDED

YOUTH
SPORT
TRUST

www.yourschoolgames.com



Leadership
Academ

SCHOOL
GAMES

CERTIFICATE



Congratulations to

For completing:

The KS3 Silver Leaders Award

This is awarded in recognition of completing the following areas of the KS3 Leaders Award

Leading Warm Ups ☐ Officiating ☐ Coaching ☐

on

HD

Signed: HD Turner Leadership & Volunteering Coordinator



www.yourschoolgames.com



Leadership
Academy

SCHOOL
GAMES

CERTIFICATE



Congratulations to

For completing:

The KS3 Bronze Leaders Award

This is awarded in recognition of completing the following areas of the KS3 Leaders Award

Leading Warm Ups ☐ Officiating ☐ Coaching ☐

on

HD

Signed: HD Turner Leadership & Volunteering Coordinator



www.yourschoolgames.com



Next Steps for Leaders

PSSP Award in Sports Volunteering

An inclusive voluntary award that can be achieved by logging hours for any form of school sports volunteering.

For More Information

Please see the Plymouth School Sports Partnership website

Sports Leaders UK Awards in Sports Leadership

The award is a nationally recognised award that helps young people over the age of 14 develop their leadership skills. It's a fun course and offers an insight into the enjoyment one can gain through sports leadership.

The syllabus fosters generic skills, which can be applied to a variety of different sporting activities as well as contributing to the participants personal and social education.

It's a practical qualification where candidates learn through doing, rather than through written work. A candidates ability as a competent leader is assessed by observation rather than written tests.

For more information: Please contact **SPORTS LEADERS UK**

NGB AWARDS

NGB's sports specific leadership awards for students aged 14+

For More Information

Please see the Plymouth School Sports Partnership website

Plymouth School Sports Partnership Event Volunteering Opportunities

There are numerous opportunities for leaders to attend Plymouth School Sports Partnership Level 2/3 events to organise, run and officiate sports & activities

For more information:

Please see the Plymouth School Sports Partnership website

Plymouth School Sports Partnerhip

Sir John Hunt Community Sports College. Lancaster Gardens. Whiteleigh. Plymouth. PL5 4AA

Website: <https://www.plymouthssp.co.uk>