

Rutland Sports Leadership Academy 2019/2020



**UPPINGHAM COMMUNITY COLLEGE
SENIOR LEADERSHP ACADEMY**

Name:

School:

Welcome...

Congratulations on your successful application for the Rutland Sports Leadership Academy 2019-2020! We are looking forward to working with you during your time in the academy, and we hope we can provide you with the best support and training to develop your skills as a leader.

Our aim is to encourage you to actively volunteer within your school and local community, and to log your progress to work towards awards. As you will be working with other leaders across Rutland, this is also an opportunity to make new friends, share ideas and learn new things together.

It is important that you try and attend all of the Leadership Academy training days, details are listed below:

- **Monday 4th September** (3.10-4.30pm @ UCC) TBC
- **Monday 11th November** (3.10-4.30pm @ UCC)
- **Monday 13th January** (3.10-4.30pm @ UCC)
- **Monday 2nd March** (3.10-4.30pm @ UCC)
- **Monday 20th April** (3.10-4.30pm @ UCC)
- **Monday 8th June** (3.10-4.30pm @ UCC)

If you haven't done already please talk to your school sports teacher/manager and notify them that you have secured a place in the academy (they will be able to assist you by putting you forward for leadership opportunities in your school, and help you when organising a club/event).

Your challenges...

- Promote physical activity and sport at your school
- Plan and deliver warm-up and cool-down sessions in PE lessons
- Run / set up an Extra-Curricular Club at our school
- Gain hours for volunteering as a sports leader (school activity and club activity or community activity)
- Organising a Level 1 School Games competition

You will be awarded either a pass, merit or distinction grade dependent on your achievements throughout the year.

What do we expect from you?

- Arriving at sessions on time
- Always acting as a positive role model
- Wearing sports kit at sessions when asked to
- To inform the LA leader if you are unable to attend a session
- To be respectful of others
- To be honest when completing your logbook (you are only cheating yourself if you do not achieve the challenges!)
- To ask the LA leader or a teacher for help or guidance if needed (with logbooks, planning sessions, to find volunteering opportunities)

What is our work about?

- Increasing levels of participation in physical activity and sport
- Providing more opportunity for young people to compete in sport
- Developing young people’s leadership skills and experiences
- Using the Olympic and Paralympic Games legacy to inspire more young people to get involved within physical activity and sport

What can the Leadership Academy provide to you?

- Regular training sessions to support the development of your leadership skills
- Opportunity to work within a team and learn from your friends
- The support required to be involved in the volunteering and leadership opportunities in your school and community
- Recognition for your hard work!

Please check out our website: <http://www.activerutland.org.uk/young-ambassadors>

What are your goals for the year...?

Below, please write 3 goals that you would like to achieve this year (these goals should be **SMART**: **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**ime-phrased). You should keep going back to these goals throughout the year to see what you can do to achieve them.

Good example: "I want to apply all the leadership skills and knowledge that I will have learnt within the leadership academy to the Primary Multiskills Festival held in July"

Bad example: "I want to lead a session"

Goal 1	
Goal 2	
Goal 3	

Values of a leader...

There are 7 Olympic and Paralympic Games values, which you need to consider at all times when leading and working with others.

A description of each value is given below. An example of how this value can be shown in sport / leading is also provided.

Value	Description	How this value can be shown in sport
Respect	Showing consideration towards yourself and your body, other people, rules and regulations, sport and the environment.	<ul style="list-style-type: none"> ▪ Shaking hands with an opponent before/after a game ▪ Saying "well played" ▪ Helping fallen or injured players ▪ Using equipment properly and not damaging or breaking it
Inspiration	A source of motivation that leads to somebody achieving a goal, trying something new or to have a brilliant idea. It is when you find something which allows you to do something special.	<ul style="list-style-type: none"> ▪ Being a good team member ▪ Being a role model ▪ Always following the rules
Equality	Recognising that everyone has potential and ensuring that everyone is involved through the catering of everyone's needs. Due to this, an equal opportunity is provided for success.	<ul style="list-style-type: none"> ▪ Allowing everyone to take part in the game ▪ Altering the game for individuals needs
Friendship	This encourages us to see sport as an instrument for mutual understanding between people. It involves wanting the best for someone, supporting and cooperating with others, and being understanding and non-judgemental.	<ul style="list-style-type: none"> ▪ Providing encouragement and cheering another player on ▪ Taking part in team sports/activities
Determination	Having the strength and persistence to succeed, whilst avoiding distraction and overcoming barriers, to see things through to the end and not give up.	<ul style="list-style-type: none"> ▪ Keep practicing a skill until you get better
Courage	Having the confidence to confront fear, pain, risk, danger or intimidation, whilst standing up for what you believe in and doing the 'right thing'. To be able to use strength and determination to not give in, and be brave and accepting towards the reality of the situation.	<ul style="list-style-type: none"> ▪ Performing in front of a crowd ▪ Attempting something that you failed at last time
Excellence	Showing dedication and commitment towards something to do the best that we can and achieve our goals. The focus is not on winning, but on the taking part, making progress and enjoyment of the activity.	<ul style="list-style-type: none"> ▪ Improving on a personal best ▪ Bringing out the best in other's performance ▪ Working well as a team

The STEP Principle...

You can make these **4 easy changes** to make an activity more **interesting** or **easier/harder**. The STEP principle should always be in the back of your mind when leading an activity.

Space

- **Level** (height) – e.g. a floor-based game vs. a game where participants are free to move around.
- Increase/decrease **size** of the playing area – e.g. more space allows greater time for reaction, less space demands higher mobility skills (dodging, marking)
- **Length** or **height** of a barrier
- The amount of **distance travelled**
- The use of a **zoned playing area** to create safe areas in catch or tag type games
- Smaller/larger **target area**
- Allow some players to start at **different times or from different places**
- Changing the **shape** of the area (circle to encourage players to move around the area and not stand in corners as young players may do in a square)

Task

- **Simplifying** the game to make it easier or introducing **more rules** to make it harder
- **Rotating rolls** within the game or allocating **specific roles** – e.g. bowler, timekeeper
- **Changing rules** to allow inclusion – e.g. allowing some children to have more 'lives', or count some players' scores as double
- Trying **different ways of playing** – e.g. seated, standing, lying
- Use different **targets** for some children
- Be **flexible** – e.g. use distance hit rather than runs made to determine scores
- Place increased/decreased **time** games in which to achieve a target
- **Vary task** for more/less competent players – e.g. try to pass the ball in a different way

Equipment

Changing the type of equipment will vary the equipment characteristics, leading to a change in the activity.

Type: balls, bats, mats, cones, rubber-lines, hoops, bench, bells, whistle, play surface

Equipment characteristics: size, colour, shape, texture, weight, sound, area

Example: Balls

- Lighter – Travel slower in the air and give more time
- Larger – Easier to see, hit or catch
- Softer/slightly deflated – Travel slower on the floor.

Example: Cones

- Different colour – Children with a visual impairment may prefer a particular colour

People

- **More/fewer players**
- **Opposed/unopposed**
- Creating **overloads** to build success (5v2) or create **under-loads** (3v4) to create challenge
- Create **passive pressure** – e.g. have lots of other players performing a similar action in the same space
- Create **full pressure** (1v1, 2v2, game)

Meeting Log

Throughout the year, you will need to **meet** with your teacher / school sports teacher to **discuss your plans for the year** and **how you will complete your challenges**. You will need to **log the details of each meeting** in the table below. You are required to have a **minimum of 3 meetings** in the year to pass the Leadership Academy.

Date of meeting:

Challenge discussed:

Details of Meeting:

Signed by:

Date of meeting:

Challenge discussed:

Details of Meeting:

Signed by:

Date of meeting:

Challenge / topic discussed:

Details of Meeting:

Signed by:

Challenge 1: Promote physical activity and sport in your school

You have been given a **checklist** below of **tasks** that will help you in promoting physical activity and sport in your school.

For a **PASS** award you need to complete: **3 tasks**
 For a **MERIT** award you need to complete: **5 tasks**
 For a **DISTINCTION** award you need to complete: **7 tasks**

Please **provide evidence** for **each task completed on page 8** (e.g. pictures, print outs, screenshots, posters, reflections)

Category 1: Notice Board	Tick if task completed
Introduce yourselves as Young Ambassadors (name, picture, small speech)	
Display details of sports/activities/clubs taking place in your school	
Display past events (results, pictures, match reports, man of the match)	
Create a poster for your Extra-Curricular Club (Challenge 3)	
Create a poster for your School Games Competition (Challenge 5)	
Other	
Category 2: Assemblies	
Introduce yourselves as Young Ambassadors (name, picture, small speech)	
Display details of sports/activities/clubs taking place in your school	
Talk about your Extra-Curricular Club (Challenge 3)	
Talk about your School Games Competition (Challenge 5)	
Presentation / demonstration (results, pictures, awards, playground equipment, being a young ambassador)	
Other	
Category 3: School Website/Newsletter/Social Media	
Introduce yourselves as Young Ambassadors (name, picture, small speech)	
Display details of sports/activities/clubs taking place in your school	
Display past events (results, pictures, match reports, man of the match)	
Display details for your Extra-Curricular Club (Challenge 3)	
Display details for your School Games Competition (Challenge 5)	
Other	

Challenge 1 evidence:

Evidence for Category 1: Notice Board
Evidence for Category 2: Assemblies
Evidence for Category 3: School Website/Newsletter/Social Media

Challenge 2: plan and deliver warm-up and cool-down sessions in PE lessons & Skill Session

For a **PASS** award: delivery of **3** warm-up or cool-down sessions in PE lessons
For a **MERIT** award: delivery of **4** warm-up or cool-down sessions in PE lessons
For a **DISTINCTION** award: delivery of **5** warm-up or cool-down sessions in PE lessons

All details for your warm-up/cool-down sessions must be completed to pass the challenge, **including an example of one of your sessions on page 10** (an example has been provided). Please also **log the dates** of each session **below**.

Remember a **warm-up** should involve a **pulse raiser, dynamic stretches and a sport specific game**. A **cool-down** should involve **lowering the pulse and dynamic stretches**. **DO NOT FORGET THE STEP PRINCIPLE** (overview on **page 5**)!

After each session you should **reflect on your experience** in order to continually improve as a leader and to ensure that you are constantly achieving more success. After each session as yourself: What went well? What didn't go so well? What lessons have I learnt and what will I do differently next time?

Date of PE lesson:	Signed by:

Example

Sport: Netball

Location: Netball pitches

Class: Year 8 girls PE class

Warm-up activity:

- *Pulse raiser: lengths of the court performing different tasks – running, sprinting, walking, high knees, heel flicks, lunges etc. (3 minutes)*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*
- *Game specific activity: stuck in the mud (5 minutes)*

Cool down activity:

- *Jog around the court 3 times*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*

Equipment needed:

- *Bibs, balls, netball court, netball nets, whistles, cones*

How the activities were adapted using the STEP principle:

- *Pulse raiser: increased the difficulty in each task performed as time went on*
- *Stuck in the mud: increasing the number of people who are 'on', changing the size of the playing area, introducing forfeits, included a ball to pass around whilst running*

Teacher signature:

Mr Thomas (11/07/19)

Your Example

Sport:

Location:

Class:

Was your activity a warm-up (pulse raiser, stretches, sport specific game) or cool-down (lowering the pulse, stretches)?

Details of activity:

Equipment needed:

How the activities can be adapted using the STEP principle:

Teacher signature:

Challenge 3: Support an Extra-Curricular Club

UCC runs a range of Extra-Curricular Clubs aimed at supporting our school teams as well as offering the opportunities for students to try new sports and activities. We encourage all students to participate in a variety of different **physical activity** opportunities, to ensure they are healthy and active in their everyday lives.

These clubs are **fun, vibrant and exciting**, giving young people the confidence and competence to take part in physical activity.

For a **PASS** award: support **4** 'Extra-Curricular' sessions
 For a **MERIT** award: delivery of **6** 'Extra-Curricular' sessions
 For a **DISTINCTION** award: delivery of **8** 'Extra-Curricular' sessions

These sessions can be held at lunchtime or after school, in any physical activity of your choice (activity can be sport or fitness related!)

All details for your 'Extra-Curricular Club' must be completed to pass the challenge, **including an example of one of your sessions on page 12** (an example has been provided). Please also **log the dates** of each session **below**.

Extra-Curricular Club details...

Day of your Extra-Curricular Club (e.g. Mon):	
Time of your Extra-Curricular Club (e.g. after-school):	
Location (e.g. sports field):	
Target audience (e.g. Year 7/8 girls):	
Date of Extra-Curricular Club session (e.g. 12/12/18):	Signed by:

Example: Extra-Curricular Club Session

Warm-up activity:

- *Pulse raiser: Jogging around the space with numbered tasks – e.g. shouting number 1 = 5 star jumps, shouting number 2 = 2 press ups, 3 = sprinting on the spot for 10 secs etc. (3 minutes)*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*
- *Games specific activity: cups and saucers (5 minutes)*

Main session activities:

- *Fitness examples: relays, circuits, fitness challenges/games (10 mins)*
- *Skills examples, e.g. for a benchball club: games practicing throwing, defending, catching (10 mins)*
- *Games examples: dodgeball, benchball, badminton games (10 mins)*

Cool down activity:

- *Walking tig*
- *Stretches: arm, shoulder, thigh, back, calf stretches (2 minutes)*

Equipment needed:

- *Bibs, balls, fitness equipment, speakers for music, badminton nets/rackets/shuttles, benches, whistle, cones*

How the activities were adapted using the STEP principle:

- *Cups and saucers: changing the size of the playing area, increasing number of cones, changing people on teams*
- *Alternative games: 3 lives in dodgeball, forfeit benchball, around the world badminton (10 mins)*

Teacher signature:

Mr Thomas (11/07/19)

My Example of an Extra-Curricular Club Session

Warm-up activity (pulse raiser, stretches and specific game):

Main session activities (fitness, skills or games):

Cool down activity:

Equipment needed:

How the activities were adapted using the STEP principle:

Teacher signature:

Challenge 4: Hours for volunteering as a sports leader

For a **PASS** award: **5** voluntary hours in a **school activity** and **5** voluntary hours in a **club/community activity** are required (**10 hours in total**)

For a **MERIT** award: **7** voluntary hours in a **school activity** and **7** voluntary hours in a **club/community activity** are required (**14 hours in total**)

For a **DISTINCTION** award: **10** voluntary hours in a **school activity** and **10** voluntary hours in a **club/community activity** are required (**20 hours in total**)

Club/community activity examples incl. a community club and a Level 1/2/3 School Games Event

School activity voluntary hours:

Date	Activity/ sport	Duration	Signed by teacher/ supervisor

Club / community voluntary hours:

Date	Activity/ sport	Duration	Signed by teacher/ supervisor

Total number of hours: Signed off:

Challenge 5: Organise a Sports Project / Event

Possible Projects 2019-20

This Girl Can

<http://www.thisgirlcan.co.uk/>

School Couch to 5KM

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Sport Relief (9th – 13th March 2020)

<https://www.sportrelief.com/>

B Team Festivals

Netball / Football for Year 7/8/9s

Date and Time of Event (e.g. 15/01/17, lunch time):
Sport (e.g. dodgeball):
Name of Competition (e.g. prison ball):
Location (e.g. sports hall):
Target Audience (e.g. year 7/8):
Participants (number of individuals/teams):
Equipment Required:
Type of Competition (e.g. inter-house/class/year, round-robin/league/knockout, individual/team):
Role undertaken (e.g. referee, score keeper, ball boy/girl, time keeper, competition manager):

Signed off:

Primary school competitions...

Active Rutland organises and delivers multiple competitions for local primary schools across the year. Leadership Academy members are invited to volunteer and help us to run these events.

If you would like to volunteer to help at any of the events, please contact Mr Lewin (RLewin@rutland.gov.uk) or your PE teacher.

Please note that you will have to find your own way to and from these events

Primary School Events – Volunteering Out Of School Hours

September

Tues 17th Sept – Boys Football League (4.30 – 6pm @ UCC)

Tues 24th Sept – Boys Football League (4.30 – 6pm @ UCC)

Fri 27th Sept – Cross Country Yr 3-6 Cross Country (3pm @ Rutland Water, Sykes Lane)

October

Tues 8th Oct – Girls Football League (4.30 – 6pm @ UCC)

Tues 15th Oct – Girls Football League (4.30 – 6pm @ UCC)

November

Tues 5th Nov - Boys Football League (4.30 – 6pm @ UCC)

Thurs 7th Nov – Sportshall Athletics Qualification 1 (4 – 6.30pm @ UCC)

Tues 12th Nov – Boys Football Finals (4.30 – 6pm @ UCC)

Sat 16th Nov – Rutland Cross Country League (9-11am @ UCC)

Tues 19th Nov – Yr 3/4 Football League (4.30 – 6pm @ UCC)

Thurs 21st Nov - Sportshall Athletics Qualification 2 (4 – 6.30pm @ UCC)

Tues 26th Nov – Yr 3/4 Football Finals (4.30 – 6pm @ UCC)

Thurs 28th Nov - Yr 5/6 Sportshall Athletics Finals (4 – 6.30pm @ UCC)

Sat 30th Nov – Rutland Cross Country League (9-11am @ Oakham RFC)

May

Sat 2nd May – Run for Rutland Event (9-12pm @ Oakham RFC)

Tues 5th May – Yr 3/4 Quicksticks Hockey (4 – 6pm @ UCC)

Tues 12th May – Yr 5/6 Quicksticks Hockey (4-6pm @ UCC)

Tues 19th May – High 5 Netball Finals (4 – 6pm @ UCC)

June

Thurs 4th June - Quadkids Athletics Qualification 1 (4 – 6.30pm @ UCC)

Thurs 11th June - Quadkids Athletics Qualification 2 (4 – 6.30pm @ UCC)

Thurs 18th June – Quadkids Finals (4 – 6.30pm @ UCC)