



ACTIVE LEADERS - VIRTUAL COURSE

SESSION	TITLE	TRAINER DELIVERY (up to 60 mins)	SUPERVISED SMALL GROUP BREAKOUT (30 mins)	FEEDBACK (30 mins)
1	Introduction to Leadership	Leadership styles and principles; making people feel welcome; what style of leader are you; making a positive first impression; ice-breaker games	Create an ice breaker game for the whole group to play	Play games each group has created
2	Safety	Safeguarding; risk management; identifying hazards in activity situations	Risk Management task completed independently	
3	Planning and Preparation	Core skills needed when delivering activity: setting objectives, planning and presenting, communicating, motivating, promoting inclusivity, giving feedback	Plan a 30 min activity session for a 10 year old's birthday party	Feedback and evaluation
4	First Aid	Dealing with emergencies; CPR and relevance, video demonstration, use of defib	Research either anaphylaxis, asthma, diabetes or epilepsy and effect on activity	Feedback
5	Creativity in leadership	Invent an activity/game; developing teamwork and problem-solving skills; using household items for equipment, adapting	Invent a socially distanced game for 10 year olds with limited equipment	Present invented game back to the group
6	Creating an event	Components of event organization and planning an event; allocating roles and responsibilities	Plan a 90 minute holiday club session for 30 year 5 and 6s	Present ideas to group
7	Marketing and Communication	Communicating a message; using the media; reaching your audience	Create an advert for the holiday club session	Present advert; group feedback and evaluation
8	Budgeting	Creating an event budget; income, costs, what can be secured for free? What does economies of scale mean? How does this relate to weekly budgeting?	Create a budget for the holiday club session	Present budget to group
9	Career development – being a great candidate	Creating a CV; making an application; skills employers are looking for; health and well-being; articulating your abilities; demonstrating experience	Volunteering task	
10	Volunteering and interviews	Interviews (10 mins each)		Pathways, conclusion and feedback with external providers if possible