



## JUNIOR ACTIVE LEADERS – COURSE OUTLINE

SESSION	TITLE	TRAINING
1	Introduction to Leadership	Course introduction Importance of 'teamwork' and difference between Boss V Leader.
2	Safety	Risk assessing and being safe
3	First Aid	Dealing with emergencies and CPR
4	Preparing to lead	Gaining the attention of a group; use of voice and body language; preparing an activity session
5	Practical Session 1	Activity Delivery: Leading a group of younger pupils in games not requiring equipment.
6	Preparing to lead	Review Activity Delivery Getting groups engaged quickly; how to include everyone
7	Inventing own games	JALs create their own games using simple (or no) equipment
8	Refining games and planning a mini event	JALs prepare a mini event for 30+ younger pupils using their invented games, including schedule and scoring
9	Practical Session 2	Mini Event: Leading a group of younger pupils in games invented by the JALs
10	Conclusion	Review Mini Event Plan how Junior Active Leaders can have a future impact at the school