

# Active Leaders - links to Pearson BTEC Level 1/2 Sport

## Unit 6: Leading Sports Activities



### Learning Aim A: Know the attributes associated with successful sports leadership

TOPIC	LINK TO ACTIVE LEADERS' COURSE
A.1 SPORTS LEADERS	Active Leaders will be introduced to a variety of leadership roles in sport, ranging from coaches to sport business roles.
A.2 ATTRIBUTES	Attributes of successful leaders are referenced throughout the course. Key leadership skills of planning, organisation, communication and motivation are components of each session. Leadership qualities and styles are analysed.
A.3 RESPONSIBILITY	Session 2 of the course focuses on Health and Safety and Safeguarding. eg How to risk assess an activity area and what happens if concerns are raised about a child? First Aid Awareness module included in course content.

### Learning Aim B: Undertake the planning and leading of sports activities

TOPIC	LINK TO ACTIVE LEADERS' COURSE
B.1 SPORTS ACTIVITIES	During the course, Active Leaders will have numerous opportunities to plan and lead activity sessions and events to both their cohort and younger pupils. Will also experience a variety of practical fun games ideas.
B.2 PLAN	A strong focus on organisation and planning for both individual sessions and larger scale events. Key components of planning discussed ie. Venue, participants, equipment requirements etc.
B.3 LEAD	Numerous opportunities to lead activity throughout the course to own cohort and younger pupils. Two formal practical leadership opportunities: Lead a session and an event.
B.4 MEASURES OF SUCCESS	All practical led sessions are reviewed against set objectives through self-reflection and trainer/ peer group feedback. eg. Was the activity safe? Were participants active and engaged? etc.

### Learning Aim C: Review the planning and leading of sports activities

TOPIC	LINK TO ACTIVE LEADERS' COURSE
C.1 REVIEW	Practical led sessions reviewed by all parties. At the end of the course each student receives a bespoke reference with areas of strength and development points from the trainer.
C.2 TARGETS FOR DEVELOPMENT	Final module focuses on career development and future pathways. Discussion points: How to write a CV; skills employers seek; practise interviews and guest speakers with potential employment opportunities.



## Unit 4: Sports Leadership



**Learning Aim A: Understand the roles, qualities and characteristics of an effective sports leader**

Active Leaders will be introduced to a variety of leadership roles in sport, ranging from coaching to sport business roles. Detailed analysis of the qualities and characteristics of effective leaders. ie. Verbal and non-verbal communication. Skills required in various leadership roles are discussed ie. Coaching, teaching; captaincy; sports marketing etc. Roles of leaders in sport are identified ie. How feedback is used to motivate participants.

**Learning Aim B: Examine the importance of psychological factors and their link with effective leadership**

Within the course, confidence and motivation in leadership is continually referenced. By the end of the course, learners will have a clear idea of what an effective leader looks like and will have had numerous opportunities to practise their leadership skills to both their own peer group and younger cohorts.

**Learning Aim C: Explore an effective leadership style when leading a team during sport and exercise activities**

Various leadership styles and when to use each style are discussed in detail. Ability to be flexible highlighted and numerous real-life scenarios requiring skills of adaptation posed. Opportunity to practise leadership styles in practical delivery to cohorts of younger pupils. Each student receives a personal reference at the climax of the course detailing their strengths and areas for development.



## Unit 10: Sports Event Organisation



**Learning Aim A: Investigate how different types of sports events are planned and delivered**

Session 7 of the course is solely dedicated to 'Creating an event.' Varying scales of sporting events are discussed and comparisons used between school sports days and the Olympic Games. Detailed discussions regarding event format; venues; roles and how to use a timeline to assist planning. This is followed by a session dedicated to marketing and budgeting for events. Support materials are provided in the course manual.

**Learning Aim B: Develop a proposal for a sports event for implementation approval**

Session 7 culminates in the development of an event including detailed planning (aims, objectives, structure, available resources, facilities, contingency arrangements). Specific roles and responsibilities are established; a clear and logical plan is formulated.

**Learning Aim C: Undertake the planning, promotion and delivery of a sports event.**

Session 8 of the course is dedicated to delivering the event the students have planned, typically with a younger cohort of children.

**Learning Aim D: Review the planning, promotion and delivery of sports event and reflect on own performance.**

Both group and individual leadership performances from the event are reviewed. Implemented via: Self-reflection; group Q and A reflecting on success of event and individual references provided by the trainer at the climax of the course. Trainee strengths and areas and areas for development are identified. Networking opportunities with potential employers are established to embed experience.