

# Leadership through Sports Leader

## Health & Wellbeing

**Improve your skills of teamwork, communication and organisation through dance.**

You will complete a nationally recognised qualification in Sports Leadership, which develops the best leadership qualities in you so that you can bring out the best in others. Learning Outcomes: Develop as a leader, Learn key skills for life, Get involved in volunteering in your community, Begin a possible pathway to employment.



### Skills Focus



Digital Learning



Enterprise



Leadership



Literacy



Numeracy



Thinking

### Recognition of Achievement

L1 / L2 Sports Leader Award

### Learning Intentions & Success Criteria

#### Learning Intentions

I will:

- plan, lead and review a sport/activity.
- develop leadership skills.
- lead activities that promote healthy lifestyle/fitness.
- learn how to adapt sessions to make them more inclusive.
- learn how to be a positive role model and organise safe sessions.
- organise a sports event or competition.

#### Success Criteria

I can:

- take part in planning, leading and reviewing an activity, using verbal and non-verbal communication and feedback.
- motivate and manage participants.
- identify factors that affect healthy lifestyle and the components of fitness.
- plan, lead and review a session that raises the heart rate or develops a specific aspect of fitness.