

Leadership through The Generation Project

Health and Wellbeing

Be an innovator! Be part of The Generation Project!

Research suggest that intergenerational activities can be mutually beneficial to both young and old people, with studies showing improved emotional and social wellbeing.

You will create sports programmes for those most at risk of inactivity to improve health, wellbeing and self esteem, whilst forming opportunities for both young and old to positively engage and share real life experiences.



Skills Focus



Recognition of Achievement

Saltire Award

Learning Intentions & Success Criteria

Learning Intentions

I will:

- plan, lead and review session.
- develop leadership skills.
- lead activities that promote physical activity in the elderly.
- learn how to adapt sessions to make them more inclusive.
- learn how to be a positive role model and organise safe sessions.
- show empathy and care towards each individual I am working with.

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.
- demonstrate how to include everyone by adapting an activity session.
- create positive relationships with residents through effective communication, trust and motivation.