

BTEC Sport Unit 6: Leading Sports Activities

Describe = Give main details: is, is not, is like, lacks, is characterised by ...

Explain = Why? How? What?: because, through, by, Therefore, The reason for this is, This means ...

Evaluate = Judge from both sides and reach a conclusion: A strength/weakness is, An advantage/disadvantage is, Similarly, In contrast ...

Justify = Give reasons why. I think, I believe, The reason for this is, Since, Thus, Because of this ...

Assignment 1 Skills of a sports leader.

Communication: Verbal (team talks) and Non verbal (gestures, pictures).

Organisation of Equipment: Consider the size of the group, condition and suitability of equipment, and storage of the items.

Knowledge: Rules and Regulations, how to manage a group, how to lead and give demonstrations.

Structuring Activities: Consider duration, ability, timings of activities, equipment needed, aims, when making a plan.

Target Setting: Short and Long term. Can give performers something to aim for. These should be, specific, measurable, achievable, realistic, time-related, exciting, recorded.

Use of Language: Use of enthusiasm and encouraging instructions can motivate and enthuse young performers. Specific terminology for experienced players.

Evaluation: Of planning and delivery of activity. Content, organisation, Health and safety, leadership style, considering what could be improved next time.

Assignment 1 Qualities of a sports leader.

Appearance: Dress smart, sports related clothing, appearing like a suitable role model.

Enthusiasm: The need to be encouraging in order to motivate and promote the activity to the performers.

Confidence: in their ability to lead, with delivering knowledge of tactics, when speaking to others so the group are more likely to believe what is said.

Personality: the need to be understanding, outgoing, sociable, approachable, confident and the benefits these bring.

Motivation: The ability to enthuse—praising positives and setting aims for improvement, to get the best out of players.

Humour: To help build a bond with players and lighten the mood in a stressful situation. Can make the leader more interesting.

Leadership Style: Autocratic = Command style. Leader gives all instructions.

Democratic = Involves the group in decision making.

Laissez-Faire: Relaxed style where group are responsible for most decision making.

Assignment 2: Create two successful session plans.

Ensure these include:

Warm up, Skill introduction, Game Activity, Final Activity, & Cool Down.

Importance of a warm up: Mobilises joints, increases alertness, body temperature, muscles become more pliable (flexible), increased range of movement.

Importance of a cool down: Helps the heart rate to gradually return to resting state, Post activity stretching can help skeletal muscles get rid of lactic acid built up during activity.

Assignment 3: Evaluation of sports session. Consider the strengths, areas for improvement and set targets for how you may improve on the future.

Assignment 1: Responsibilities of a sports leader

Professional conduct: Behave appropriately and acting as a responsible role model at all times.

Health and Safety: Ensuring the group are taking part in a safe environment with appropriate equipment, ensuring a risk assessment is performed before an activity starts.

Equality: Equal opportunities regardless of age, gender, disability, ethnicity, nationality etc.

Insurance: Protects the leader if an activity goes wrong. Reassurance for participants that accidents are covered. Can protect in case equipment gets damaged.

Child Protection: Leaders ensure children in their care are safe. Children sometimes pass on information about neglect or abuse they are suffering to their sports leader.

Legal Obligations: Ensuring guidelines are followed e.g. permission given by parents if a child is taken off a school site for a sports event, or single gender activities for contact sports such as rugby after Under 11 age.

Ethics and Values: Encouraging and developing good sportsmanship, e.g. respect of opponents through shaking hands at the end of a game.

Rules and Regulations: Knowledge of rules means correct techniques are taught so the performers play safely and more likely to succeed due to less breaking of rules.