

Learning aim B – undertake the planning and leading of sports activities



BTEC LEVEL 1 & LEVEL 2 - SPORT

Unit 6: Leading Sports Activities

Assessment Activity 2 – Stand and deliver!

Your stint as a Young Ambassador is going really well.

The Partnership is pleased with your contribution and has asked if you can take the lead at a primary school sport festival planned for a few weeks' time.

This is a big step up in responsibility - you will have other young leaders helping who will be looking up to you as an example of a good leader!

So what you need to do first is;

Task 1a	Plan two selected sports activities (2B.P3)
Task 1b	Justify the choice of activities within the sports activity plan (2B.M3)

It is important that you do this to the best of your ability! Help is available if you need it but you are confident that you can do it on your own.

All the practice you have been doing in planning and leading sessions will help, as will the undoubted skills and qualities you have *and* your understanding of the responsibilities required of a successful leader.

So, to make sure you do the best job possible, you decide to put your session plans together to run by your BTEC Teacher before the big day. You need to be clear about:

Sport activities;

For example, individual sports, team sports, fitness activities.

Components of sports activity session;

- warm-up
- main component/components of activity, e.g. skill introduction, development, conditioned game, final activity
- cool down.

Plan;

- participants, e.g. age, ability, gender, numbers, medical, specific needs
- aims and objectives, e.g. target setting, expected outcomes
- resources, e.g. equipment, time, environment
- health and safety considerations (risk assessment and informed consent).

Learning aim B – undertake the planning and leading of sports activities

You can use your own session plan template if you wish or use the one that was provided during your BTEC course.

Resources for support	Possible ways to present the task
<ul style="list-style-type: none"> • Activity 9 – Time to plan! • Activity 10 – Just do it! • Activity 11 – Get it all down! • Activity 12 – Looking ahead and looking back? • Activity 13 – Doing the business! • Activity 14 – THE PLAN! • Teacher record of coverage for Learning Aim B 	<p>Some type of plan needs to be in place for assessment purposes, although this can take a variety of forms.</p> <p>Existing planning templates can be used or the learner can design their own</p>

All that is left to do then is;

Task 2	Independently lead a sports activity session (2B.P4) which will hopefully be successful (2B.M4)
---------------	---

You quickly scribble down some notes to help you successfully lead your sports activity session...remember to bear these in mind when you are actually leading!!!

<p>Lead;</p> <ul style="list-style-type: none"> • demonstration of attributes (skills, § advanced skills, attributes, § additional qualities) • completion of core responsibilities • § completion of wider responsibilities. <p>Measures of success;</p> <ul style="list-style-type: none"> • § coverage of planned components • § meeting set aims and objectives • § organised • § safe.
--

Resources for support	Possible ways to present the task
<ul style="list-style-type: none"> • Activity 14 – THE PLAN! • Teacher record of coverage for Learning Aim B 	<p>The leading element of the criteria however needs to be practical – an observation of performance will be sufficient</p>