

Activity 1) Recap SPACE

Statues, What's the time Mr Wolf, Rabbits – play each of these games in half of the area and then the whole area.

Split children into 3 groups for them to form an opinion on which space was better for their game and why (how it affected the game).

Activity 2) Introduce TASK

Highlight the importance of the task / activity and being able to explain it to others – making sure that you understand it and that everyone is quiet and listening to your explanation.

- A) What is the aim of the activity?
- B) How do you achieve that aim?
- C) What happens next in the game?
- D) Any other rules?

Activity 3) Traffic lights

Teacher introduces some of the terms that are going to be used (green, red, amber, roundabout) before starting the activity.

After a couple of minutes pull individual children out of the game to explain some of the other actions (traffic jam, speed bumps, reverse, lollypop lady, pedestrian crossing).

The game continues but with the chosen children shouting out the new actions to the group.

Review the game to evaluate the importance of clear verbal and visual communication.

Activity 4) Rabbits and radishes

Teacher explains the game to the group following the 4 key factors that need to be included (written on whiteboard).

The children can then play the game.

Activity 5) Dodge the ball, bean bag relay and catch and head

Split the children into 3 groups and provide each group with one of these activity cards.

Provide the children with 5 to 10 minutes to set up their activity, try it out and work out how they can best explain it to the others.

The children can then try out each activity with the group responsible for each one explaining, demonstrating and then officiating them.

Evaluate the leadership of these activities, particularly the clarity of explanations.

Recap the key factors that should be included in the explanation of each activity :

- A) What is the aim of the activity?
- B) How do you achieve that aim?
- C) What happens next in the game?
- D) Any other rules?

Review the importance of explaining and demonstrating the TASK well before starting an activity.

Explain that the next session will look at the importance of the EQUIPMENT in sports leadership!

Activity 7) King of the ring

Revisit this game from previous week but to be played with footballs rather than basketballs.

Equipment

- ✓ Mini whiteboard
- ✓ Spots
- ✓ Bibs
- ✓ Beanbags
- ✓ 2 x hoops
- ✓ 2 x tall cones
- ✓ 10 x footballs
- ✓ 2 x soft pink balls
- ✓ 10 x booklets
- ✓ 10 x pencils
- ✓ Young Leader activity cards