

PHASE 1 SKILLS TRAINING : WEEKLY SESSION OUTLINE

Digital Badges / Journal

Session
1

INTRODUCTION TO ACTIVE LEADERSHIP

- Group warm-up and the importance of warming up.
- Introduction to the Digital Badge IT C.I.C Young Active Leadership programme, digital badges and journal.
- What makes a good leader? / Code of conduct.
- Practical activity : Divide into small groups. Children to lead 4/6 different tutor set active games, for other young leader peers.



Session
2

WARM-UPS & CREATING ACTIVE GAMES

- Young leader led group warm-up.
- Agree group code of conduct.
- Introduction to S.P.A.C.E.
- Planning activity : Divide into small groups to create an active game, using a set equipment list.



Session
3

LEADING AND EVALUATING ACTIVE GAMES

- Young leader led group warm-up.
- Groups to deliver active games created in session 2 for other young leader peers.
- Evaluating active games and recording a game cheer-o-metre.



Session
4

CREATING AND LEADING INDIVIDUAL AND GROUP PERSONAL BEST ACTIVE CHALLENGES

- Young leader led group warm-up.
- Practical activity : Divide into small groups. Children to lead and record 4 different tutor set personal best active challenges for other young leader peers.
- Planning activity : Divide into small groups. Children to create their own personal best active challenge, using a set equipment list.



YOUNG ACTIVE OFFICIATING

Session
5

- Equip young active leaders with practical ways to organise teams, exploring the importance of creating fair teams.
- How to deliver and officiate an active sport or mini-tournament – focus on 3 sports of tutors' choice. Group leaders to take officiating roles.



Session
6

PLANNING A MULTI-ACTIVITY LUNCHTIME SESSION PUTTING INTO ACTION KNOWLEDGE & EXPERIENCE GAINED FROM ALL PREVIOUS SESSIONS

Session
7

DELIVERING A MULTI-ACTIVITY ACTIVE LUNCHTIME FOR LOWER KEY STAGE CHILDREN – UNDERTAKING FIRST LEADERSHIP CHALLENGES



Session
8

PLANNING FOR THE FUTURE

- An introduction to young active leader challenge cards and resources.
- Planning future young active leadership activities across the whole school community.



YOUNG ACTIVE LEADER OF THE WEEK AWARD & CERTIFICATE TO BE ISSUED ON A SESSIONAL BASIS



OPTIONAL ADVANCED YOUNG LEADER TRAINING - DELIVERED BY A DIGITAL BADGE IT C.I.C. COURSE TUTOR

- Inclusive Active Games Training.



- Planning and Delivering an 'Escape Room' Active Game.



- Young First Aid Training.



- Young Leader 'Gameshow Archery' Training.



PHASE 2 : YOUNG ACTIVE LEADERSHIP CHALLENGES



**Active Lunchtime /
Playtime Leader**



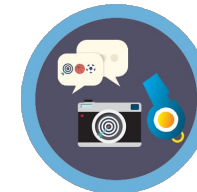
**Sports Day
Leader**



**Active 60
Leader**



**Active Travel To
School Leader**



**Active Wellbeing
Media Leader**



**Active Wellbeing
Art Leader**



**Active Wellbeing
Campaign Leader**



**Personal Best
Active Challenge
Leader**



**Paralympic
Inspired Activity
Leader**



**Daily Mile
Monitor**



**Sports Tournament
Organiser**



**Active Wellbeing
Quiz Master**



**Active Wellbeing
Survey Or Pollster
Leader**



**Active Game
Inventor**



**Community
Volunteer**

A role ideas card and accompanying resources are provided for each young active leadership role.

PHASE 3 : RECORDING LEADERSHIP AND GRADUATION



BRONZE LEADERSHIP AWARD

Awarded to young leaders who have completed 5+ active leadership challenges.



SILVER LEADERSHIP AWARD

Awarded to young leaders who have completed 8+ active leadership challenges.



GOLD LEADERSHIP AWARD

Awarded to young leaders who have completed 10+ active leadership challenges.



YOUNG ACTIVE LEADERSHIP GRADUATION

