

Sports Leadership Level 5

The Sports Leadership courses aims to develop important life skills such as effective communication, organisation and an ability to work cooperatively with others.

Candidates will learn how to plan, deliver and evaluate physical activity sessions to younger people, their peers, older generations and within the community. The courses involve both guided and peer to peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.

In addition to delivering practical sessions that meet the required standard, learners are required to maintain a Learner Evidence Record;

At Level 5, This has five units;

Unit 1 - Developing Leadership Skills

Unit 2 - Plan, lead and evaluate sport/physical activity sessions

Unit 3 - Assist in planning and leading a sports/physical activity event

Unit 4 - Lead activities which promote a healthy lifestyle

Unit 5 - Lead sport/physical activity sessions in your community

Sports Leadership Level 6

The Sports Leadership courses aims to develop important life skills such as effective communication, organisation and an ability to work cooperatively with others.

Candidates will learn how to plan, deliver and evaluate physical activity sessions to younger people, their peers, older generations and within the community. The courses involve both guided and peer to peer learning and supervised leadership to ensure that learners have all the skills they need to lead basic physical activities to other people.

In addition to delivering practical sessions that meet the required standard, learners are required to maintain a Learner Evidence Record;

At Level 6, This has seven units;

Unit 1 - Developing Leadership Skills

Unit 2 - Plan, lead and evaluate an event

Unit 3 - Lead activity sessions

Unit 4 - Plan, lead and evaluate sessions in your community

Unit 5 - Plan sessions for children

Unit 6 - Plan sessions for disabled people

Unit 7 - Plan sessions for elderly people