



RAINFORD
HIGH



Year 9 PE Knowledge Organiser Sports Leadership

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



The number of people taking part in sport is continually increasing due to Government initiatives to create a healthier nation. As a result there is a current increased demand for more volunteer leaders and sports coaches. Sports leaders are now required in a variety of settings including schools, youth centres, sports centres, crèches, hospitals. The requirements for qualifications and experience are obviously crucial to ensure participants are enthused by the sport/physical activity. Through completing this unit you will further develop your knowledge and experience of how to lead sports activities and events

Successful sports leadership

The following skills are required to be a successful sports leader: Ability to evaluate performance
Effective use of language Communication skills
(verbal, non-verbal & listening) Ability to set targets
Organisation skills (equipment) Ability to structure activities, knowledge (techniques, tactics, fitness requirements, rules, drills

Qualities for successful sports leadership

A good sports leader demonstrates a number of positive qualities: Appearance – dress appropriately for your activity
Leadership – adapt your methods and leadership style to suit activity and performers
Personality – let it shine through into your sessions
Enthusiasm – keep smiling
Motivation – praise your performers
Humour – have a good sense of humour
Confidence – standing in front of a group of people and demonstrating skill.



Sports Leadership

Components of a sports session:

1. Warm up ,
2. Skill introduction,
3. Skill Development
4. Conditioned game
5. Competitive game
6. Cool Down

Find drills and session templates to help you plan here :- www.sportplan.com

To sign into your Sportplan student centre account :-

Username:- rhtc

Password:- sportplan

Once logged on you will be asked to set up a session profile (name and memorable phrase). This profile will allow you to find your saved items when you next log in.

