

Year 10 - Cambridge National Sports Studies – Project 3

Leadership Unit – Project 3

This is the second assignment of the Leadership Unit (projects 1 and 2 were assignment 1). Please make sure you have checked your assignment 1 using the tasks sheets provided and feedback from your teacher before you start this.

Learning Outcome: At the end of this project you will know and understand the key considerations when planning sports activity sessions.

For this unit you have to plan and deliver a sports activity session to local primary school pupils, you will do this in groups of 3. If we were in school we would learn the following in our practical lessons and then plan and write up our sessions in our theory sessions! You will get the chance to deliver a session in year 11.

Please answer the following questions and do the following tasks to meet your learning outcome and then you will have an example of an activity session you can use and adapt in the future.

Title: Key considerations when planning sports activity sessions

When planning a session, there are key components that must be considered and planned for. The success of the session will be down to appropriate and detailed planning.

Plan your session for 10 pupils who are age 10. They will be mixed ability and girls and boys will be in the group. Choose what activity you would like to do e.g. football, rounders, athletics or netball etc

Please structure your assignment under the numbered sub-headings

1. Objectives for the session

Choose your objectives for the session – it is really important that these meet the needs of the group so don't make them too easy or too hard.

E.g. if you choose to do a football session your objective could be to improve passing

Keep them simple – aim to improve one specific skill in one activity

2. Appropriate venue (sports hall/AGP etc)

Just say what area you will hold your session in

3. Timings of the activities

Split your session into the following sections. Explain each section and state how long each part of the session will last.

- a) Warm up – Plan a pulse raising activity, stretches and a skill – based activity
- b) Skill and technique development – keep it simple and add more challenge gradually, keep the practices simple and easy to set up and explain etc
- c) Game – Fun, some focus on the skill you have tried to improve, simple and competitive

Key things to consider:

Make it engaging and fun

How will you organise the space, equipment and grouping (for example if you need them in pairs how will you organise this?)

4. Equipment needs

What equipment will you need?

Does any of the equipment need to be a specific size for primary children?

Will your PE department have enough equipment to cater for the size of the group?