

“ Children spend up to a quarter of their school day in the playground. Making best use of play times can help tackle the inactivity, boredom and poor behaviour that can intimidate children and affect lessons. Improving the play time environment can impact significantly on school life. **DfES, Primary Playground Development, 2005** ”

**We are always looking for new ways to make a child's life more active, particularly when it can have a positive effect on multiple aspects of their schooling. In response, we delivered the Sports Leaders UK Young Leader Award to all of the primary schools that we work in.**

The award teaches leadership skills to children in years 5&6, using an assortment of games and activities promoting good communication, co-operation and responsibility. The children also learn about the safety of looking after others as well as developing activities for younger age groups.

To help the award stand out above any other provider, we have developed a colourful, engaging and stimulating workbook. Developed using the knowledge of head teachers and teachers, the workbook combines literacy and numeracy with physical education, in line with National Curriculum Key Stage 2.



**A large proportion of the teaching is based on S.T.E.P., a word that every child should be aware of before attempting to lead activities. It stands for:**

**Space:** Children learn about the size of space needed for certain games to encourage involvement and promote safety.

**Task:** Young people learn how to fully understand rules to facilitate communication as well as the differing styles of communication.

**Equipment:** Children learn about different types of equipment, some of which they have never experienced before, and also how to create activities using less rather than more equipment.

**People:** Children learn about picking teams and groups fairly so as to promote inclusion and anti-bullying. The course can be run either as an intensive 2 day course for a group of 15 pupils, as 3, 2 hour workshops or as a 1 hour per week session, all within curriculum time. Upon completion, children receive a workbook, Sports Leaders certificate and a motive8 certificate.

“ It is vital that young people have the opportunity to learn the skills required for organising sport and physical activity. The Sports Leaders UK Young Leader Award provides excellent training for these young people and gives them skills which will stay with them for the rest of their lives. **Gary Palmer, motive8 Education and Coaching consultant** ”

