

COMMUNITY SPORTS LEADERSHIP AWARD

The award is designed for people over the age of 16, who wish to acquire the confidence and ability in organising groups in games and physical recreation. At Ewell Castle the scheme is aimed at pupils in the lower sixth as it broadens their learning experience and helps develop their range of skills outside the classroom. A high personal sporting ability is not necessary and people with an interest in sport and recreation from a wide range of areas are welcome to participate in the course. The course aids the personal development of participants by extending their knowledge and experience and offers an introduction to sports leadership. Participants are encouraged to follow other courses such as CCPR Higher Level Award or Coaching and Officiating Award Courses run by the National governing Bodies of Sport and Recreation.

In order to successfully complete the course candidates must participate in a series of seven units with an oral and practical assessment at the end, and undertake a minimum of ten hours voluntary practical experience with a local school. Successful leaders will be awarded the Community Sports Leadership Award and hopefully progress onto higher awards in the sports and recreation field.

COURSE OUTLINE

1. Organisation of activity/ planning
2. Fitness for Sport
3. Organisation of leagues and ladders
4. Improvisation, minor games, potted sports and skills circuits.
5. Games and activity experience
6. Essentials of First Aid
7. Know your friends/ using resources to aid activities.
8. Students must complete a minimum of 10 hours voluntary service.

The units are not necessarily followed in order so that each session is usually a mixture of theory and practical. Participants should wear tracksuit and trainers or other suitable sportswear and bring a notebook and pen to every session.

Regular and punctual attendance is essential to the successful completion of the course