

THE
DUSTON **TDS** **SCHOOL** 4-19

Knowledge

Organiser

Physical Education

Year 9 Leadership

Name:

Form:



What PE kit do I need?

Black school PE shorts/leggings, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks. You may also wear the school tracksuit top/rugby top and school tracksuit bottoms if you choose for this activity.

Assessment Criteria

2	Displays some characteristics of a good leader. Participates in leadership activities in a sensible manner.
3	Participates in planning, delivering and evaluating leadership activities within a group .
4	Can lead 1-2 people independently in safe activity , using positive body language and clear communication.
5	Uses verbal and non-verbal communication competently and can lead a larger group (4+) with confidence.
6	Can vary difficulty level of an activity using STAR. Competent with groups of 6+.
7	Can adapt a task using STAR. Can explain adaptations for a specific needs (e.g. wheelchair accessible)
8	Leads with confidence and authority. Able to make adaptations during a session to improve the session.
T6	Thinking Plan tactics and strategies to improve success and use the perfect model when analysing and planning improvements in technique.
S6	Social Give and receive sensitive feedback to improve performance of myself and others. I am able to negotiate and collaborate effectively and take responsibility within a group.

Big Questions

1. What does an effective leader look like?
2. What is effective communication?
3. What makes an effective session?
4. What key skills are needed across sports and physical activity?
5. How and why do you need to adapt a session when leading?
6. How effective is my leadership?

Think about it!

Look at the image to the right of this text box. Is this a good illustration of leadership?

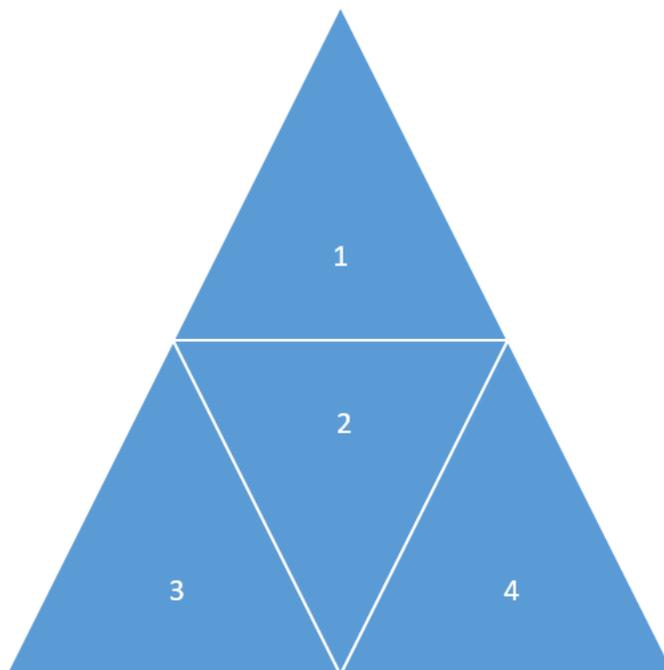
What are the positive messages that it conveys?

What are the negative messages that it conveys?



Big Question: What characteristics are key for an effective leader?

Leadership characteristics



1. Use the table above to list 10 characteristics which you think are important for an effective leader.
2. Use the pyramid to select the most important 4 and to put them in rank order.

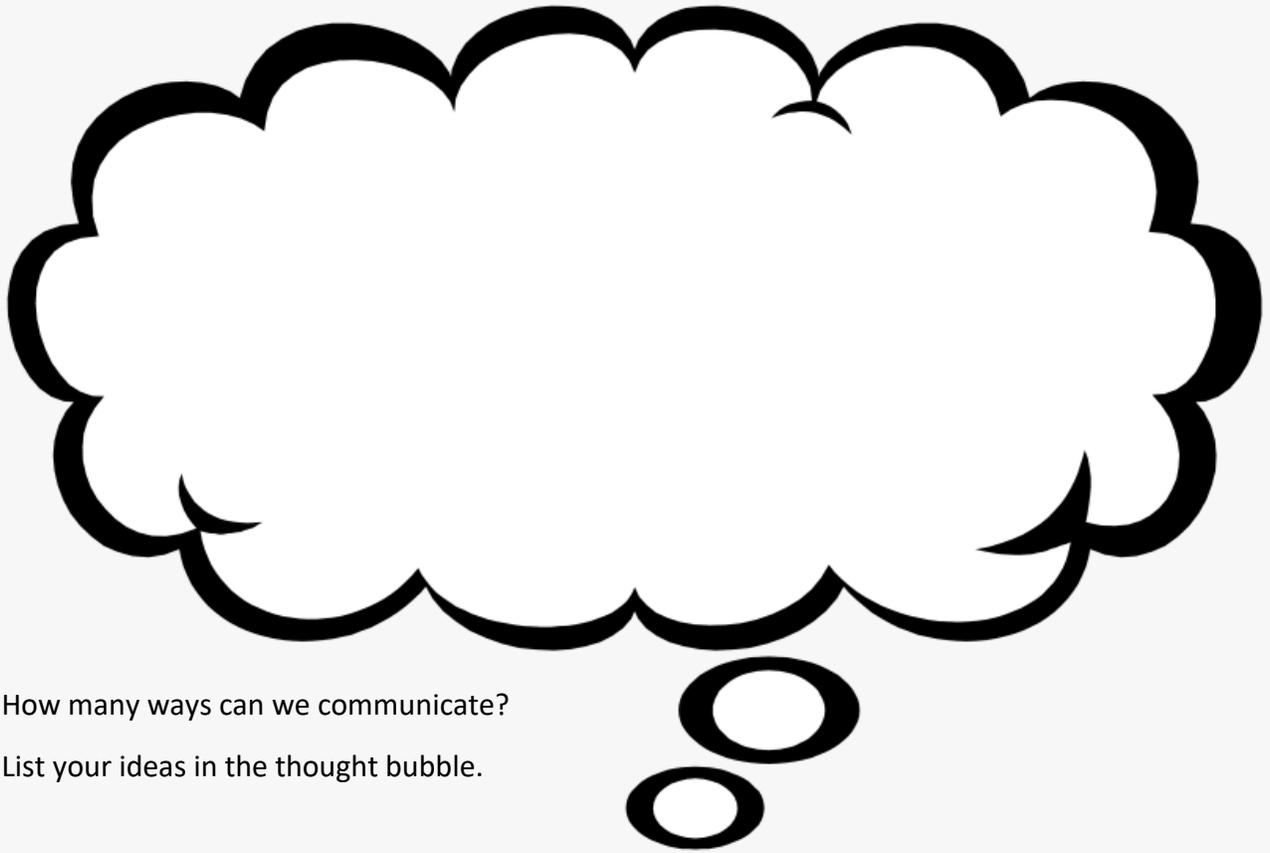
Over this unit you will be creating and delivering activities.

Use the space below to make any notes of any games or activities you have played in the lesson that may help you with your sessions.

Time for reflection:

Looking at the assessment criteria on page 2, what grade do you feel you are currently working at after today's session? What have you been able to achieve?

Big Question: What is good communication?



How many ways can we communicate?

List your ideas in the thought bubble.

Method of communication	Why is it so important?

Planning space:

Big Question: What makes an effective session?

Write down any components that you consider important to make a good session .

Components of a warm up:

Component	Examples

Making your session safe:

Risk identified	How to reduce risk	Severity of risk (low, medium, high)

Big Question: What key skills are needed for across sports?

List the different skills that you can think of.

Skill

Description

Planning space:



Big Question: How and why do you need to adapt a session when leading?

STAR Adaptation- In the space below explain how STAR can be used to change an activity

S	
T	
A	
R	

The objective of our drill/practice is to:
.....

Planning space:

- Points to consider:
- What is your drill going to look like?
 - What equipment are you going to need?
 - How are you going to make it easier (STAR)?
 - How are you going to make it harder (STAR)?
 - How would you change it for different needs?

Assessment Task

Scenario

25 minutes session for 10 people approx.	Description of activity	Adaptations for different abilities and needs	Equipment and organisation
Introduction and warm-up			
Main session			

Safety considerations

Area for safety considerations.