

Level 3 Sports Leaders Award

Summer Work

Skills and Behaviours

Skills and behaviours are terms which are often used interchangeably but it is useful to understand their differences and how they connect together. A skill is something you can do. For example, communicating with others, kicking a ball or speaking a different language. A skill is something you can practice and improve over time. Whereas a behaviour is how you act or conduct yourself. For example, being enthusiastic and having a positive attitude. A behaviour is what you need to show to make your skills more effective. Behaviours can also be improved to help you progress.

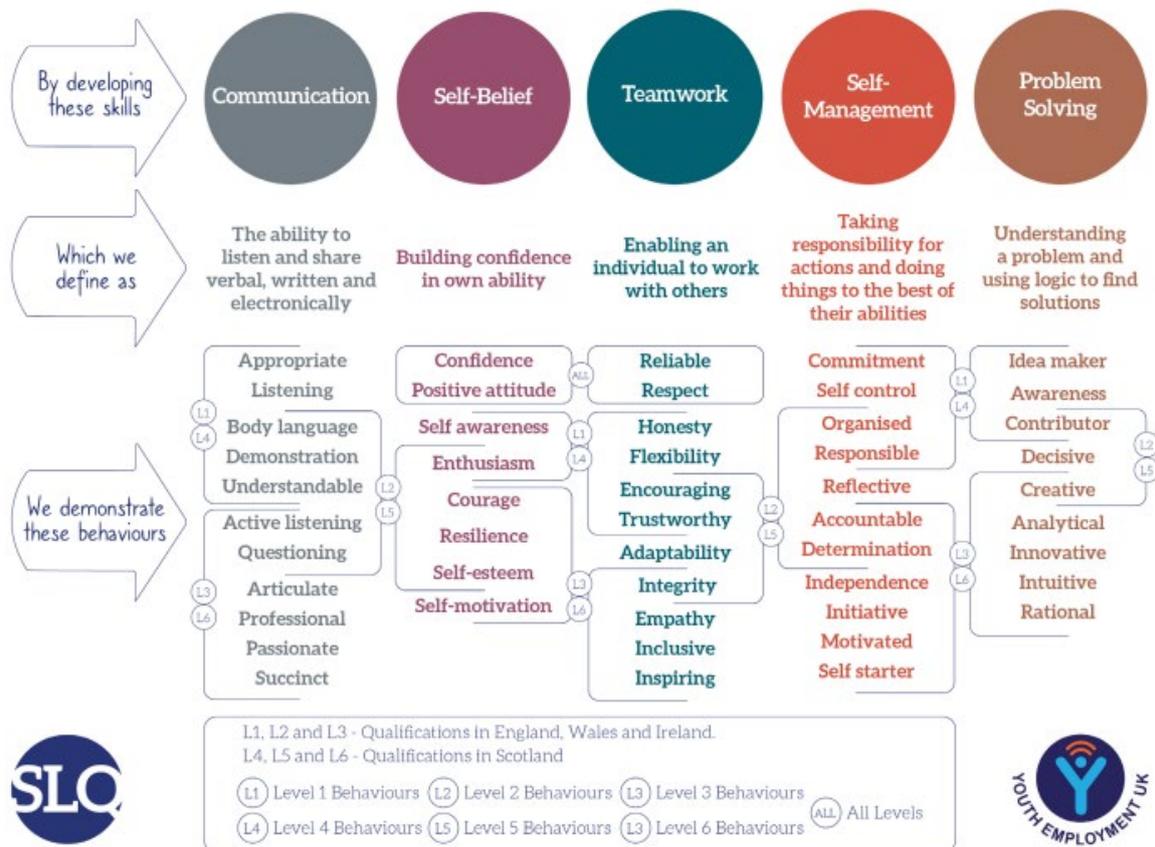
What Skills do you Need?

In order to progress in life, you will need a range of skills and behaviours. Some of you will be starting to think about gaining employment, or you might just want to improve your skills to help your current education. No matter where you are on your journey the skills and behaviours identified in the framework below are 'transferable'; in other words you can use the skills in different situations to help you be successful. The Skills Framework was created following some research by Youth Employment UK who uncovered what employers want and need for almost any job. It includes the five most important skills that all employers look for:

- Communication
- Self-Belief
- Teamwork
- Self-Management
- Problem Solving

These skills will be covered in more detail during your qualification with us.

The Skills Framework



You are probably using the five skills in day to day life without even realising it. The diagram below highlights some examples to help you understand each skill further.

Communication You have to deliver a presentation in your school assembly about the benefits of Sports Leadership. You are able to communicate clearly and effectively.

Self-Belief You are joining a new community club. It is something you have never tried before. You have the self-belief and confidence to give it a try and stick at it.

Teamwork You are running a charity event at your school. You work as part of a small team to organise and deliver the event.

Self-Management You are starting a new Saturday job. You have to make your own way to work and organise your time effectively.

Problem Solving Your tutor has asked you to deliver a physical activity session online. You have never done this before but you use problem solving skills to come up with a creative and engaging session.

POWERUP Knowing what skills and behaviours you need will help you to progress.

Activity - The Five Skills

Work through the table below adding your own examples of where you have used each skill.

Personal Skill	Where have you used this skill before?	Where / or how could you practice this skill in the future?
Communication		
Self-Belief		
Teamwork		
Self Management		
Problem solving		

Task – Leadership experience

In a setting of your choice, observe a sports leader or coach at work. I recommend that you watch one training/practice session. Referring to the 5 skills, write down evidence for each skill. I would advise watching a live session, but if this is not possible then you may watch a video clip of a session. There are many sessions on YouTube that you could view.

Personal Skill	Evidence seen
Communication	<i>e.g. They raised their voice to get the groups attention</i>
Self-Belief	<i>e.g. They told off one of the participants who wasn't focusing on the session.</i>
Teamwork	
Self-Management	
Problem solving	