

Year 5 – Sports Leader Training – September 2022



Year 5 had their annual Sports Leadership training in school, delivered by a specialist coach. They started the session learning about PACE- Participation, Area, Communication and Equipment. The importance of each area was discussed and how these key components would underpin their leadership role when working with groups of children.



The children were taught about the importance of how to organise a team so that it was done in a fair way. They then competed in a series of relay games which highlighted the relevance of not having large or uneven groups. This ensured that everyone had plenty of opportunities to join in and be active. An adapted version of the game was then played where all group sizes were even and it was therefore fair. The children finished their session by working in small groups and one child was the 'leader'. The leader had to follow the instructions on the games cards to organise their group and lead an activity. The children were all enthused after their training session and are looking forward to putting their training into practice.



As a sports leader I will be able to develop my organisation, communication and cooperation skills.