

## **I CAN LEAD – Sports Leaders UK Course**

**Monday 18th & Tuesday 19th November, 10am – 4pm**

**Kemnay Academy – Games Hall**

### **INFORMATION SHEET**

'I Can Lead' provides an introduction to leadership that will give learners the knowledge and skills to assist in leading basic sports/activity sessions under direct supervision. The course is fun and practical with a focus on personal development and not just sporting ability. On completion of the course learners will gain an award that will be recognised on their CV. Following the two days of guided learning, pupils will get the opportunity to gain awards and qualifications in a wide variety of sports to enhance their sports leadership skills, abilities and knowledge.

**Who can apply?** Pupils in S2–S5 (13 years or over) who would like to learn about leading sports activities in schools.

**What will be in the course?** The course is made up of various units that cover session planning, communication, session delivery, and officiating.

**What will participants do?** This is a practical course so participants will take part in various activities, but also have the opportunity to deliver warm-ups, skills and games under supervision. There are some worksheets to complete so that you have a folder of information to keep with you.

**Do I need to be very sporty?** No, we are looking for enthusiastic young people to help at our various Active Schools activities, we are not looking at how well you play a sport.

**Do I need to attend both days?** Yes, in order to complete the required units you will have to attend both days.

**Leadership hours** Once you have completed the course to gain your certificate you must do 5 hours of leadership, these hours are to be completed within Active Schools programmes.

**How much is the Leadership Programme going to cost?** The price of the programme is £10, which covers all learning materials, facility hire costs and registration of the course.