

BERKSHIRE INSPIRE ACADEMY

VIRTUAL LEADERSHIP PROGRAMME PRIMARY

*Aspire
to
Inspire*

Team
Berkshire



Support - Empower - Engage - Transform



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With lots of competitions taking place virtually and completed within school, this Programme is an opportunity for primary schools to utilise their pupils from year 5&6 to assist in the delivery of School Games activities. This programme will be the start of their journey to becoming an excellent sports leader. Once a pupil has completed each area, they will receive a Berkshire Inspire Academy Primary Virtual Leadership Participation Certificate.

We encourage all leaders to adopt and demonstrate the School Games values as well as encouraging their peers to live healthy lives. The six School Games values



were developed by young people to recognise how the experience of sport should be epitomised and embodied within schools, and to reflect the 'spirit' of the School Games.

Virtual Leadership Programme Areas

- Developing leadership skills
- Encouraging others to be active
- Be Inclusive
- Planning a competition or personal best challenge



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DEVELOPING LEADERSHIP SKILLS

Think about each of the following headings and do something under each to help develop your skills. Write what you did for each one.

- **Promoting Activity** - e.g. sharing the benefits of being active
- **Assisting your teacher** - e.g. helping in a lesson or at a competition
- **Creating Opportunities** - e.g. organise a lunchtime/playtime activity
- **Encouraging others** - e.g. getting a friend to start a new activity

Promoting	
Assisting	
Creating	
Encouraging	

There are lots of skills and attributes needed to be a good sports leader. See if you can list 10.

List your three best skills and three skills you would like to improve on

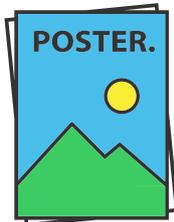
BEST			
IMPROVE			

ENCOURAGING OTHERS TO BE ACTIVE

Give **3** reasons why physical activity is good for you

1	
2	
3	

Pick 2 or 3 of the following tasks to complete:



Design a poster to encourage others to get active!



Record a short film to explain why being active is a good thing.



Design an obstacle course for your class or family to complete. It must be safe & fun!



Create a fun dance routine. Keep it simple and use lively music. Teach it to your class or family.



Create & deliver a presentation to your class/school about why activity is good for them.



Find a new playground activity that you could do a break or lunch time & get some of your class mates to take part with you.

It is important that everyone is involved in PE and physical activity regardless of his or her age, gender or physical ability. As a leader it is important that you involve everyone and look for ways everyone can be included.

A simple way to ensure everyone is included is to use the **STEP** model:

SPACE - where the activity happens and how much space/area there is

TASK - what is the activity and can we change it

EQUIPMENT - what is being used and can the equipment be adapted

PEOPLE - who is involved and the number of people

Complete the following tasks:

Design a target or seated game. Think of different ways to score.

NAME	EQUIPMENT	SPACE	HOW MANY PEOPLE
RULES			SCORING

Research a Paralympic sport and write about it below.

PLANNING A COMPETITION OR PERSONAL BEST CHALLENGE

Plan a competition or personal best challenge that could be delivered at school during break time or lunchtime.

- It needs to be simple and involve very little equipment.
- It should not take longer than couple of minutes for each person to complete.
E.g How many times can you hop on one leg in 30 seconds, how many times can you bounce and catch the ball in 30 seconds.

Think about the following:

- Who will do this activity everyone, or just one year group?
- Is the activity suitable for that year group?
- What do you need to make it happen - equipment, stopwatch, scorer?
- When is a good time to do this?
- How will you score? - design a scoresheet
- How will you promote the activity/ competition? - design a poster!

ACTIVITY	
EQUIPMENT NEEDED	
WHO WILL TAKE PART	
WHERE & WHEN WILL IT TAKE PLACE	
RULES	
SCORING	

Design a poster to promote the activity

Design a scoresheet for the activity, for example:

NAME	1st TRY	3rd TRY	2nd TRY	BEST TRY
WILL				
LAURA				

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★ CONGRATULATIONS ★

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