

# PROGRESSION IN PHYSICAL EDUCATION

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# KNOWLEDGE OF LEADERSHIP



## KEY STAGE 3 CORE PE

I can officiate a variety of activities using basic rules of the game. I can keep an accurate record of scores.



# KNOWLEDGE OF LEADERSHIP



## KEY STAGE 4 CORE PE

I can plan and lead a sports session to a small group of students contributing to the Sports Leadership Award.



# KNOWLEDGE OF THE CARDIOVASCULAR SYSTEM



## CAMBRIDGE NATIONAL PE

I can identify qualities and responsibilities required from a successful sports leader and explain the importance of different leadership styles.

### Personal qualities which relate to leadership roles

#### Reliability and Punctuality

The leader should make sure they are setting a good example by turning up to the handball session in the correct kit, on time or a little bit before time so that they can set up equipment or sort equipment out ready for the session. The sports leader should make sure they attend every handball session so they are seen as reliable as children won't want to go if the leader changes all the time.

#### Confidence

Confidence is a very important skill that is needed to be a good sport leader. To show people that you have confidence will make the group feel more comfortable and will show them that you are confident about taking the handball session and that you know what to do. Also if you are confident the group will be able to enjoy the session better because they will have understood you clearly when you are telling them what to do.

#### Communication

Communication is a very important skill to have to be a sports leader. Good communication will let the class clearly know what they need to do and it will show the group that you are confident about taking the group. The group will listen to you if you communicate with them better than if you were speaking really quietly. If you speak quietly then they won't hear properly what they need to do in the activity so they will not be able to do it but if you have clear communication they will get on with the task straight away instead of keep asking questions.

#### Creativity

A good sports leader needs to know about the people they are going to coach. They need to know the age of the people, if they have any medical problems, if the group has boys or girls or is mixed. The sports leader needs to know if they have played handball before as the lesson will be different if everyone is a beginner or if some have played before. The sports leader needs to make the session good so that everyone enjoys it. This means she might have to be creative and change things when they don't work.



