

Level 1 Award in Sports Leadership

Unit
Unit 1 – Developing leadership skills
Unit 2 – Plan, assist in leading and review a sport/ physical activity session
Core PE

	Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
Year 10	Task 1.1 Why identified skills and behaviours are necessary for a Sports Leader. Task 1.2 Other areas of life when leadership skills and behaviours might be used.	Task 1.3 To recognise own leadership skills and behaviours.	Task 1.2 Video performance of different Sports Leadership roles.	Task 2.1 Know how to plan appropriate sport/physical activity.	Task 2.1 Be able to assist in leading appropriate sport/physical activity.	
	Autumn HT1	Autumn HT2	Spring HT3	Spring HT4	Summer HT5	Summer HT6
Year 11	Task 2.1 Be able to review their role in the leading of sport/physical activity.		CORE PE Skill Can perform skills in pressure situations. Awareness Can make advanced calculations of risk against reward and use these to inform decision making. Can adapt a general fitness programme to suit the required situation.			