**Active Essex Fit For the Future Legacy Leaders Tutor Notes**

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| **Slide No.** | **Suggested delivery/tasks** | **Key points** | **Equipment/resources required** |
| 2 | **Outline of the Day**. Share slide and run through the outline for the day. |  | PowerPoint |
| 3 | **Icebreaker Activity**. Set the task on the slide. If the day is being delivered in school where all pupils are known, then there is no need to complete this activity | It’s important to create an environment where everybody feels comfortable to share their ideas. This will probably require setting ground rules at the start. | PowerPoint |
| 4 | **Aims.** Share the aims for the day. | Identify that the day is about developing leadership skills and then using them to deliver a festival for KS1/KS2 pupils at a later date. This will require acquiring knowledge and skills, and then applying them to the planning and delivery process. | PowerPoint |
| 5 | **Skills, Qualities and Knowledge of a Leader.** In pairs, ask pupils to think of successful leader and identify the skills, qualities and knowledge that they possess. Who can come up with the most? | Identify what skills, qualities and knowledge are, and that sometimes it is difficult to determine if something is a skill or a quality – but this doesn’t really matter!If pupils are struggling to think of a leader then provide some examples. | PowerPointMarker PensA3 Paper(Photographs of successful sports leaders- optional) |
| 6 | **How many did you get?** Ask pupils to tick off all of those that they got. Who got the most? Are there any that aren’t on the slide? |  | PowerPoint |
| 7 | **Leadership Diamond.** In 4’s follow the instructions on the slide. When all groups are finished take feedback to identify that each group’s diamond probably looks different. | Different groups will produce different diamonds and that is fine as there are no correct answers. | PowerPointSkills and Qualities cards |
| 8 | **Communication and Problem Solving Skills.** Split pupils into 6 teams and work through the various activities:Stop the GameWho Can Shout the Loudest?Bench GamesCross the RiverHuman KnotMoving the Ball from A to B | See attached notes for descriptions of each of the activities. | PowerPointBenchesConesHoopsSelection of ballsBeanbags |
| 9-11 | **Delivering a Session, Using IDEAS to teach PE, Differentiation – the STEP Principle.** Tutor to choose a session to deliver following a simple structure of warm-up, skill, game. Throw and Catch could provide the focus. Model the use of IDEAS to set the tasks and then the use of STEP to adapt them. | Highlight the structure of the session and model how each part of IDEAS can be applied.Discuss how the session could be adapted using the STEP Principle and model its use for pupils. | PowerPointSelection of balls, beanbags etc.ConesBibs |
| 12-13 | **Evaluating Lessons – SMILES, Observation and Feedback**Talk through each of the aspects of SMILES and the observation and feedback questions. Guide pupils to reflect on the session that they took part in and use the prompts to identify strengths and areas for development. | Following the delivery of a session it is important to reflect on how it has gone in order to improve it for the next time. SMILES and the observation and feedback questions provide a framework against which to make judgements. | PowerPoint |
| 14 | **Session Structure.** Discuss with pupils that they are now going to work through a Plan – Deliver – Review and Feedback process. | Highlight the Plan – Deliver – Review and Feedback process | PowerPoint |
| 15 | **Planning a Session.** In pairs make a list of the things to consider when planning a session. |  | PowerPointMarker PensA3 Paper |
| 16 | **Some things to consider.** Go through the list with the pupils and see if there are any additional things that they would consider. | Stress the point that it is important for pupils to know as much about the pupils that they are working with, where they are working and what resources they’ve got in order to plan an effective session. | PowerPoint |
| 17 | **What things can we teach our pupils?** Go through the list adding some generic examples to each one. |  | PowerPoint |
| 18 | **Example – Year 7 Football Beginners.** Talk through each of the specific examples given for Year 7 football. |  | PowerPoint |
| 19-20 | **Planning Task.** In pairs, pupils are to plan a 15 minute session to include an introduction, warm-up, skill and game.**Session Plan Template.**  Share and talk through the session plan template. Pupils are to complete their lesson plan on the template. | Decide upon the size of the group that the pupils are planning for. Which activity do they know most about and feel most confident with? Tell the group how much equipment they have available. To increase the challenge select the activity to be delivered for the pupils. | PowerPointSelection of equipmentSession Plan Template |
| 21 | **Delivery of Activities.** In pairs pupils will have 15 minutes to deliver their session.  | Organise pairs so that one pair delivers while another pair observes and provides feedback at the end. Support pairs to evaluate their session using SMILES. Ensure all pairs get to deliver – if the sessions need to be shortened so that everybody gets to deliver then that’s fine. | PowerPointSelection of equipmentSMILES and Observation and Feedback sheets. |
| 22 | **Summary.** Ask pupils to write down three things they’ve learnt about leadership, what went well (WWW) with their sessions and even better if (EBI) | Highlight the key skills and qualities of leadership with a focus on communication and the importance of planning. | PowerPointMarker Pens A3 Paper |
| 23 | **The Commonwealth Games – a brief history.** In pairs or small groups ask the pupils to discuss the questions and feedback to the group. |  | PowerPointMarker PensA3 Paper |
| 24-25 | **The Commonwealth Games – a brief history.** Talk through the information on the slides. |  | PowerPoint |
| 26 | **Birmingham 2022 Commonwealth Games.** Talk through the slide |  | PowerPoint |
| 27 | **Commonwealth Games Legacy.** In pairs or small groups discuss the questions and make a list of the sports that the pupils think are in the Commonwealth Games. Feedback responses to the group. | Share a list of the sports that will be in the Birmingham Commonwealth Games | PowerPointMarker PensA3 PaperList of Commonwealth Games sports |
| 28 | **Your Challenge.**  Explain what the pupils will be required to do, how many pupils they will be working with and what equipment they will have to use. Ensure that the Commonwealth Games is the focus. | Decide upon the format of the festival. Will it be a range of sports where they will play small-sided games or mini stations where each one focuses on a particular skill. Ask the pupils to plan a warm-up for a small group which they will deliver at the start of the festival. | PowerPointList of available equipmentFormat of festival |
| 29-30 | **Festival Planning.** Talk through the slides and remind them of the planning considerations discussed earlier in the day. |  | PowerPoint |
| 31 | **Festival Task.** Groups plan their stations and allocate one to each of the pupils within the group. Provide opportunity for pupils to try out their stations and reflect and adapt where necessary. | Having planned and tried out their stations, ask pupils to evaluate their effectiveness using the SMILES framework from earlier. | PowerPointMarker PensA3 PaperRange of equipment |