

Unit 4 - Sports Leadership

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To develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer.

SMSC and British Values

Resilience, group discussions, respect for others opinions, independent learning, peer and self reflection and analysis

Work Related Learning:

Gaining knowledge and practical skills to lead in a sports career.

Numeracy links:

- Percentages- success rates
- Timing of a session
- Grading.

Assessment criteria

Pass	Merit	Distinction
Learning aim A: Understand the roles, qualities and characteristics of an effective sports leader		
A.P1 Discuss the skills, qualities and characteristics of three different leadership roles in different sport and exercise activities or environments. A.P2 Explain the importance of skills, qualities and characteristics in the leadership role in different sport and exercise activities or environments.	A.M1 Analyse the importance of skills, qualities and characteristics in the leadership role in different sport and exercise activities or environments.	A.D1 Evaluate the impact of skills, qualities, characteristics on sports leadership in different sport and exercise activities or environments. B.D2 Evaluate the impact of key psychological factors on sports leadership in different sport and exercise activities or environments.
Learning aim B: Examine the importance of psychological factors and their link with effective leadership		
B.P3 Discuss how key psychological factors may affect sports leadership within different sport and exercise activities or environments.	B.M2 Analyse key psychological factors that may affect sports leadership within different sport and exercise activities or environments.	
Learning aim C: Explore an effective leadership style when leading a team during sport and exercise activities		
C.P4 Demonstrate a chosen leadership style, using appropriate skills when leading a team during a sport and exercise activity. C.P5 Review the impact of own leadership style on the performance of the team during the sport and exercise activity.	C.M3 Demonstrate a chosen leadership style, using effective skills when leading a team during a sport and exercise activity. C.M4 Analyse your chosen leadership style and the impact of it on team performance, considering own strengths and areas of weakness.	C.D3 Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance.

Command Words:

Define, explain, justify, compare and contrast, evaluate

Key Vocabulary

- Leadership
- Skills
- Qualities
- Characteristics
- Theories
- Transformational
- Transactional
- Situational
- Delivery
- SWOT

Wider experiences and opportunities:

- All students will be gaining first hand experience in a PE class, assisting staff to develop knowledge and experience at working with Secondary School children.
- Opportunities to observe other sports leaders as interviewers and session observers / participants for the recruitment activities.

Unit 4 - Subject specific knowledge

Learning Aim A

A Understand the roles, qualities and characteristics of an effective sports leader

A1 Different leadership roles

A2 Skills, qualities, characteristics and application

A3 Importance and effective use of skills, qualities and characteristics when leading



Learning Aim B

B Examine the importance of psychological factors and their link with effective leadership

B1 Psychological factors that could impact on leadership

B2 Leadership and psychological factors

Teaching Objective

- To be able to teach the performers the main aspects of being able to control effectively
- To have the performers be able to use the control to be able to create forward passing patterns

Learning Outcomes

Describes what the students will know/understand/be able to do by the end of the session

- Know: the basics of being able to control the ball
- Be able to: demonstrate an effective technique of the control
- Understand: why the use of control is important

Time	Teaching Strategies (starter/activities/plenary/assessment)	Impact on Learning (how the students will learn and make progress)	Use of Resources	Differentiation Extension
10 mins	<p>Passing and Movement</p> <ul style="list-style-type: none"> 3 Groups of 5 Using set squares to gain basics of how to quickly transition from control to forward play Use of control method previously shown One comes into centre rolls left or right, takes touch out of feet to pass out to other. Player in centre acts as pivot player. Players follow their passes. <p><i>As autocratic, I will have a set activity for the students to carry out. As I will deter the direction of the roll and where the students will travel.</i></p> <p><i>As transformational, I will try to adapt the challenges as I assess the student's ability and be able to change or add any further challenges to help the student's progress.</i></p>	<p>Students be able to successfully use previously taught skill to become a more challenging activity.</p>	3 footballs 12 cones	<p>Being able to pass 360 degrees.</p> <p>Use sole to push ball out of feet without additional touches.</p> <p>Make it a competition between the groups for least mistakes made.</p>

Leadership Skills, Qualities and Characteristics

A Skill – The ability to do something well.

A Quality - a distinctive attribute or characteristic possessed by someone or something.

A Characteristic - a feature or quality belonging typically to a person, place, or thing and serving to identify them.

Learning Aim C

C Explore an effective leadership style when leading a team during sport and exercise activities

C1 Expectations of leadership

C2 Practical skills required for different leadership styles

C3 Leading a sport and exercise activity

C4 Effectiveness and impact of leadership on a sport and exercise activity