

## Structure of a sport lesson

Time	Component	Details
5 mins	Introduction	Welcome Set expectations e.g. outcome, behaviour, boundaries, enjoyment
10 mins	Warm up activity	Fun and fast-moving game which promotes participation and engagement
20 mins	Skill acquisition	Fundamental movement skills for specific sport Option 1: <ul style="list-style-type: none"> <li>• Skill taught – modified game</li> <li>• Skill taught – modified game</li> </ul> Repeat Option 2: <ul style="list-style-type: none"> <li>• Number of skills taught – modified game</li> </ul>
5-10 mins	Cool down / debrief	Dynamic stretches What types of leadership skills would you need to deliver this session to younger students?
5 mins	Transition	Moving to the next activity

## Qualities of a leader in the PSC Sport Leadership program

Leadership Skill	What does it look like?
Communication	<ul style="list-style-type: none"> <li>• clear and concise instructions</li> <li>• appropriate to age group</li> <li>• set clear expectations</li> <li>• provide constructive feedback</li> <li>• encourage and reinforce positive behaviour</li> <li>• enthusiastic and motivating</li> <li>• active listener.</li> </ul>
Resilience	<ul style="list-style-type: none"> <li>• adapts to a changing situation</li> <li>• problem solver</li> <li>• flexible but decisive</li> </ul>
Organisation	<ul style="list-style-type: none"> <li>• planning, preparing</li> <li>• modifying, create contingencies</li> <li>• adaptability</li> <li>• reflect and review</li> </ul>
Mentoring	<ul style="list-style-type: none"> <li>• active involvement and supervision</li> <li>• role model e.g. appropriate clothes, language,</li> <li>• attitude, skills, safety considerations</li> <li>• empathy, positivity</li> <li>• encouragement, active listening</li> <li>• knowledgeable, self-confident</li> </ul>