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# **SSP Mini Sports Leaders**



## **Home Learning Course**

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## **\*Introduction**

- \* The purpose of this course is to help Year 2 students in our schools develop the skills they need to become excellent 'Sports Leaders'.
- \* This PowerPoint is to be used to complete the course, it contains several tasks.
- \* WE HOPE YOU ENJOY IT!

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## \*What you will need:

\*Pens / Pencils / Paper

\*Any Sports equipment (or anything else you can use) you have at home, might include balls, cones, rackets. What you have does not matter.

\*LOTS OF IDEAS - This is the most important thing!

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## \*Task 1 - Write your answers down.

One of the main aims of being a really good Sports Leader is to promote sport and games to other children in your school. There are so many different types of sport and games. Answer the questions below:

1. Make a list of all of the sports and games which you enjoy playing at school.
2. Why are these sports and games such fun?
3. Which is the most popular sport or game at your school? Why do you think this is?

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## \*Task 2

\* Make a list of reasons why children should play lots of sport and games at school and at home.

Show your list to your family and see if they can add any to your list.

\* Do you know how many minutes each day a child / young person should be active for?

\* Answer - 60 minutes per day. Discuss with your family if you do more or less activity.

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## \*Task 3 - You will need a big piece of paper and pens / pencils.

\* As a Mini Sports Leader , your job will be to get lots of other children involved with sports and games at break and lunch time. Make a list of how you might do this.

\* Now, on a large piece of paper, draw a picture of your school playground with lots of children playing different sports and games. What will their faces look like?

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## \*Task 4 - Write your answers down.

For this task, you need to 'put yourself in the shoes' of other children in your school - try to think how they might feel.

- \* What might be the reasons why some children at your school do not join in with sport or games at break or lunch times? Make a list.
- \* What could you do as a 'Mini Sports Leader' to help them get involved?
- \* Now, make a list of sports / games / activities which you think younger children might enjoy but are not currently on offer. Think about why different children like doing different things?

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## \*Task 5

For this you will need to gather some pieces of practical equipment, you can do this in the garden if you wish.

Challenge - come up with a new game which children would enjoy playing at your school. Think about those children who do not usually join in when you make up your idea. Perhaps think about a game Reception and Year 1 children would enjoy.

Try your new game out with your family!

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WELL DONE you have now completed the 'SSP Mini Sports Leaders' - Home learning course.

\*Take a photo of all your work and email it to [cprssp@thedeanes.essex.sch.uk](mailto:cprssp@thedeanes.essex.sch.uk) and we will send you an electronic certificate.

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