

R185 | PERFORMANCE AND LEADERSHIP IN SPORTS ACTIVITIES

TOPIC AREA 5

Reviewing your own performance in planning and leading a sports activity session

Planning

Sticking to the plan

Remember, sticking to the original plan may not always work as you may need to **adapt** you session appropriately. Think about these questions below and whether they were **positive** or **negative**:

- Was the original plan detail enough?
- What is the plan clear?
- What there anything else that you would put in the plan?
- Were all the activities suitable? Think about the age and ability of participants.
- Did you follow a sequence? Warm up, skill development, conditioned game, cool down.
- Were the areas you set up suitable for the activities?
- Would have you used different or more equipment?

Leading

Timings

- Did you have enough time for each activity?
- Did the participants get bored because you spent too long on 1 activity?
- Did you have enough progressions so that the group were challenged?

Motivation

- Were all the participants motivated with your activities?
- Did you use any rewards for the participants?
- Could you have tried some more motivational strategies with the group?

Working space

- Did you have enough space for the participants to work in?
- Was the area too big or too small?
- Would you have changed anything about you area sizes next time?

Adapting

- Did you adapt anything during the session?
- Did you put any extra progressions or activities in the session?
- Did you allow the participants to take responsibility for any parts of the session?

Communication/Positioning

- Was your voice clear?
- Did you use verbal and non-verbal communication?
- What was your positioning like during the session?

Improvements

- Would you make any improvements to your session based on the participants ability?
- What would you plan differently for the next session if you were to teach this group again?
- What errors did you make that you would change for next time?

Leadership skills

- How can you develop your leadership skills for next time you deliver a sessions?
- Are there any coaching courses that you can do to improve your leadership?
- What national governing body courses are there that you could attend?
- Does your school provide anything for you develop your leadership skills?

Extra-curricular clubs

- What after school activities can you take part in at school to develop your leadership skills further?
- Have you taken part in any after school clubs that have given you valuable skills to deliver a session?
- How can you help your teachers at after school clubs?

Key Terms

■ **Positive** - a desirable or constructive quality or attribute.

■ **Adaptability** - the quality of being able to adjust to new conditions.

■ **Progressions** - the process of developing or moving gradually towards a more advanced state.

■ **Negative** - not desirable or optimistic.

■ **Strategy** - a plan of action designed to achieve a long-term or overall aim.

■ **Improvements** - the action of improving or being improved.

■ **Leadership** - the action of leading a group of people or an organisation.