

merton SPORTS LEADERS

INSPIRATION DAY



Congratulations!

- **WELCOME TO THE YEAR 5 INSPIRATION DAY!** You have been chosen to be a Year 5 Sports Leader.
- After today's inspiration day, your mission will be to **lead, inspire** and **motivate** children in your school to:
 - Be more physically active.
 - Make lunchtimes more fun.
 - Learn important new skills.

What are we doing? - OUR MISSION..

- Quite simply, we (**MSSP** and **The Wimbledon Foundation**) want more children in Merton to discover the fun in being active and we would like your help.
- Promoting healthy and active lives. Promoting good mental and physical health for all.
- Inspiring the next generation to enjoy physical activity and sport.



What's in it for you?

- Your job as a sports leader will be to help other children play games and stay active during lunchtimes.
- You will be seen as leaders in your school. **Role models** for all children.
- You will improve your leadership and communication skills.
- You will help children find joy in sport and physical activity.
- You will need to coach, referee, motivate and **LEAD**.

How does sport and exercise make you feel? (pair discussion)

- Discuss with your partner how taking part in sport and exercise makes you feel?
- Consider by physical and mental/emotional feelings
- All the feelings that you have mentioned are great! This is what we want to pass on to younger children at your school.

What makes a good leader? (pair discussion)

- Think of some jobs that require you to be a leader?
- Now, think of some qualities that the people in these jobs must have to be a good leader..

Activity – Being a Leader

- We will have different opinions on the exact order of the pyramid and the qualities a leader should have which is great!
- I want to you consider these important ideas when working as a leader:

Activity – Being a Leader

- **SAFETY** – Games, area and equipment. Making sure no one is in danger.
- **ORGANISATION** – Being prepared.
- **COMMUNICATION** – Simple instructions, demonstrate, encourage.
- **CO-OPERATION** – Working well with others.
- **ENJOYMENT** – Make it fun!
- **RESPONSIBILITY** – Being a good role model and respect everyone.

Time for some games.....

- Hats (KS1 and KS2 variations)
- Line up Game - (Birthday - talking) (First name initial – silent)
- Choosing a new leader each time...
- Start to think about how you will need to behave and act while in your role as a sports leader.

Over to you..

- We will now split into small groups again.
- This will be your chance to practise the games that you will be teaching at lunchtimes.
- Use the cards to help you. We are here to help, so you are welcome ask us questions.
- This is time to practise and learn.....so stay positive!

The Games

- Agility Run
- Bean Bag Boccia
- Beat The Clock
- Blindfold Trust
- Bowling
- Cone Stack
- Dishes and Domes
- Flip The Hoop
- Hats
- Treasure Chest
- Grandma's Footsteps
- Activity Dice

Summary – Plan for the rest of the day

- Break
- Classroom Session
- Practise with some children at lunchtime/Lunch
- KS2 PE lesson practise
- KS1 PE lesson practise
- Feedback

Summary – the important bits!

- Lead, inspire and motivate children in your school to:
- Be more physically active.
- Make lunchtimes more fun.
- Learn important new skills like communication, teamwork and empathy.
- Help children in Merton discover the fun in being more physically active.

Any questions??

