

# *TeamMCR*

MANCHESTER PRIMARY  
PHYSICAL ACTIVITY LEADERS

# WELCOME PALS

- Welcome to the TeamMCR Primary Physical Activity Leadership training
- This training is being delivered by TeamMCR to provide children with the skills and training to enable them to help teachers to promote the benefits of physical activity and the importance of leading healthy active lifestyles.
- The UK Chief Medical Officer recommends that every young person should complete 60 minutes of physical activity everyday. This is just to remain healthy! Of those 60 minutes, half of this (30 minutes) should be provided during the school day.
- We need YOUR help to ensure that all young people at your school have the opportunity to access this.

## What is a Physical Activity Leader?

Working as part of a team, a Physical Activity Leader will plan, organise and deliver safe and fun activities for other children in school.

# What are the roles of a Playground Leader

- Give up some of lunch times to help others.
- Help to decide what activities should be run.
- Organise games and activities for children on the playground.
- Be responsible for handing out and collecting in play equipment.
- Help to make your playground a safe and happy place to play.
- Increase the amount of Physical Activity.
- Be a good role model.
- Support staff in your school to deliver Physical Activity.
- Encourage those that need more support.
- Help build friendships and social skills.

So, what makes a good leader?

Here are some of the characteristics you will need and develop in your role as a Physical Activity Leaders





What are some of the roles of a Physical Activity Leader?

Think about each sentence, then draw a line from each sentence to either the “Should do” or “Shouldn’t do” box, whichever you think is correct?

What should a  
Physical Activity  
Leader do?

- Give up some of your lunch times to help others.
- Organise games and activities for children in the playground.
- Set up an activity and then leave to do something else
- Help to decide what activities should be run.
- Be bossy or rude
- Not be there when it is your turn to run an activity
- Help to make your playground a safe and happy place to play.
- Only allow your friends to take part
- Leave the equipment for someone else to tidy up
- Be responsible for handing out and collecting in play equipment

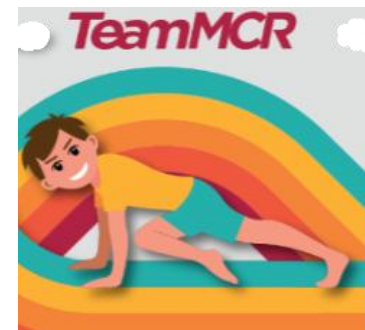
What shouldn't a  
Physical Activity  
Leader do?

# Tasks to complete

1. Plan with your teacher or sports coach that is managing the playground activity leaders and create a rota for which days you will be delivering your sessions at lunch or break times.
2. Take time to plan your sessions before delivering them. Think about how much time you have for the session, the size of the space you will be working in, equipment needed (may have to ask teacher for permission) and how many students you will be delivering to. These are important areas to make sure your sessions are safe and fun!
3. Following each sessions, think about what went to plan and worked well, then also think about didn't work and what you would change next time. Reflecting on your sessions is very important as a sports leader/coach. This allows you to get better every time by thinking about the positives and negatives.
4. After delivering 6 sessions, I want you to write a small review about how being playground activity leader has gone. Put down all things you've learned so far and what you would still like to improve on for the future sessions.

Thank you for joining our Playground Activity Leaders training. We wish you all the best of luck at being a leader at your school.

#TeamMcr



# Session Plan Template

[illegible]



# Session Plan Template

Session Name:	Start Time:	Finish Time:	Number of participants:
Equipment Needed:			Where will the session take place?
Warm up -			What went well in your session today?
Main Activity -			What can be improved next time?
Cool down -			

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