Physical Education: Sports Leadership

Why Sports Leadership Course?

Sports Leadership is a course open to S6 pupils. It includes a wide range of activities with the prime focus being on participation and enjoyment. Pupils will go off campus for a variety of activities. The course will also give pupils the opportunity to develop their leadership skills in a range of areas which will benefit them in all areas of future work or study as well as providing a more comprehensive UCAS statement.

The course will include; First Aid training and coaching courses and awards from a variety of National Governing Bodies. Pupils will also get the opportunity to work with primary pupils and practice their coaching. With the support of Active Stirling and our local primary Head Teachers we have created links so that pupils will spend three blocks of time coaching a lunchtime club over a double period and lunch.

The course is an ideal stepping stone into a career in sport but will also develop the skills of confidence, organisation, planning and evaluation of events and projects, this will benefit pupils moving into the world of work, College or University.

A typical week would look this this:

Monday	Tuesday	Wednesday	Thursday	Friday
Classroom for planning primary session.	Supporting	Choice of Activity Practical Session	Double period coaching in a local primary school	Choice of activity Practical Session

The course will require commitment and a realisation that there may not be practical performance in every lesson, although these types of lesson will be rare.

Although the course is heavily subsidized by the P.E department, due to the transport and external activities there is a cost associated with the course. **The cost of the course for 2015-2016 will be £80,** this includes a T-shirt and transport to all the events and primary schools.

This course consists of 6 periods per week and only those students who have a genuine desire to be physically active each day and develop their skills in coaching should consider this option.