



# Leadership Skills Foundation

Level One Qualification in Sports Leadership

# Sports Leadership

## Level One Qualification

Minimum Age 12 Years

Total Qualification Time 31 Hours

Credits 3

### Objective

The Level One Qualification in Sports Leadership is a nationally recognised qualification that enables successful learners to assist in leading purposeful and enjoyable sport/physical activity, under direct supervision.

The learner evidence is mandatory and uses the following assessment method:

- Practical observation
- Written tasks (task worksheets provided in the learner evidence record)
- Plans and Evaluations



### Responsibilities

A Level One Sports Leader is required to be supported and always guided by their tutor. The responsible person will be required to advise the learner on risk assessments and how these should lead in line with the organisation's safety guidance.

Once qualified, the sports leader will be able to assist in leading sports/physical activities under direct supervision, plan sessions and assess key leadership skills. They will focus on effective communication, motivation techniques and post-session reviews for improvements and achievements.

### Progression

This qualification has a progression pathway to the Level Two Qualification in Community Sports Leadership.

### Overview

During this sports leadership course, the sports leader will play a vital role in organising and facilitating purposeful and enjoyable sporting activities. Their responsibilities will include, planning sessions, identifying key skills and behaviours within leadership. Plan sessions including verbal and non-verbal communication methods, and any motivational skills which may be used.

Review areas of improvement after these sessions have been completed and moments of achievement.

# Guided Learning

A nationally recognised qualification that enables successful learners to assist in leading physical activities with direct supervision, teaching, organising, planning, communicating through teamwork and the medium of sport.

The sports leader will organise enjoyable and purposeful activities, plan sessions and assess key leadership skills. They will focus on effective motivation techniques and post-session reviews for improvements and achievements.

Remember, at Circles Network, we believe in a person-centred approach to empower students, nurture emotional intelligence, and foster success through mentoring and coaching. Join us today and embark on a path of personal growth and academic achievement!



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