

## Year 10 - Cambridge National Sports Studies – Project 1

### Leadership Unit – Project 1

When you have completed this assignment (project 1) you will have knowledge and understanding of the learning outcomes below:

- Learning Outcome 1** – The different leadership roles in sport
- Learning Outcome 2** – The responsibilities of the different leadership roles in sport

Below are questions that you need to answer to complete the learning outcomes above. The questions are in the same structure that you have used in lessons – they are divided into ‘pass’, ‘merit’ and ‘distinction’ questions.

Please try and answer **all** questions and do all the tasks in all 3 columns to achieve the highest marks.

Use the title below as the main one for your assignment and then each learning outcome has a sub-heading.

### **Title: Project 1 - Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership**

If you need any help or guidance please get in touch with your teacher on Teams or email them at the following...

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## Questions for Learning Outcome 1 – The different leadership roles in sport

Mark Band 1 (1-4 marks) Pass	Mark Band 2 (5-7 marks) Merit	Mark Band 3 (8-9 marks) Distinction
Describe 2 leadership roles	Describes a range of leadership roles	Describes a wide range of leadership roles
<p><b><u>1. Captain</u></b></p> <p>What is the main role of a captain? Who would pick the captain of a team? What attributes does a captain need?</p> <p><b><u>2. Manager</u></b></p> <p>What is the main role of a manager? Think about the team and players How can he get the best out of his players? What attributes does a manager need?</p>	<p><b><u>3. Teacher</u></b></p> <p>What is the main job of a PE teacher?</p> <p>What do they need to do to make sure lessons are good?</p> <p>Key words to explain are below Manage behaviour Health and Safety Motivation Observe progress</p> <p>What do PE teachers need to be so the pupils respect and look up to them?</p> <p><b><u>4. Coach</u></b></p> <p>How are coaches different to teachers? What qualifications does a coach need, can you give an example from a sport?</p>	<p><b><u>5. Expedition Leader</u></b></p> <p>Research what a Duke of Edinburgh Leader does</p> <p><b><u>6. Role Models</u></b></p> <p>Identify 4 leaders in sport who are good role models and explain why, if you can give examples this will get you a higher mark.</p>

## Questions for Learning Outcome 2 – The responsibilities of the different roles

<b>Mark Band 1 (1-4 marks) Pass</b>	<b>Mark Band 2 (5-7 marks) Merit</b>	<b>Mark Band 3 (8-9 marks) Distinction</b>
<p>Describes a few role related responsibilities that an effective leader would have to be a successful leader</p>	<p>Describes a range of role related responsibilities that an effective leader would have to be a successful leader</p>	<p>Describes a wide range of role related responsibilities that an effective leader would have to be a successful leader</p>
<p><b><u>Knowledge of the Activity</u></b></p> <p>Why should a leader have a good knowledge of the activity?</p> <p>Why should a leader have a good knowledge of the rules?</p> <p>Why should a leader plan their activities?</p> <p>Why are understanding correct technique and skill progressions important? Can you give an example from a sport e.g. trampolining or athletics</p> <p>Why is knowledge about encouraging correct sporting behaviour/etiquette and tactics important?</p> <p><b><u>Enthusiasm for the Activity</u></b></p> <p>How will your group react if you are an enthusiastic leader?</p> <p>How differently would a group react if you were an uninterested leader?</p>	<p><b><u>Knowledge of Safety</u></b></p> <p>The prime concern of a leader is the safety of the students involved in their activities. Teachers, coaches and managers have a duty to ensure safety.</p> <p>Why must a leader consider the following?</p> <ol style="list-style-type: none"> <li>1. The techniques used in the activity</li> <li>2. The safety of the equipment</li> <li>3. What clothing and footwear is required</li> <li>4. How to reduce risks for that activity</li> </ol> <p>Give examples from Sport wherever possible</p>	<p><b><u>Knowledge of Child Protection Issues</u></b></p> <p>Anyone working with young people e.g. coaches/teachers/leaders have to be DBS checked. Research what this is????</p> <p><b><u>Knowledge of First Aid</u></b></p> <p>Sports leaders should have attended first aid training so that they can react to any potential situations.</p> <p>Can you give an example of a minor first aid situation and one more serious where you may need to call the emergency services</p>