

Involving leaders in your project

We have challenged schools to come up with a “Step into Spring” project, big or small but something relevant for your school and which targets the Chief Medical Officer (CMO) guidelines of 60 active minutes per day.

This pack will provide ways in which you can work with leaders to support you with your project.

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Why involve leaders?

The pandemic has had a significant impact on many children. Children have had different experiences but effects on physical, mental and social wellbeing have the potential to be wide ranging and long lasting.

74%

of children and young people (age 8-24) reported that, during lockdown, they were missing going to school or college, with the same number saying that they had found it hard to maintain friendships during lockdown

1 in 3

At least one third of children have experienced an increase in mental health issues including stress, loneliness, and worry

(2020, **Generation Lockdown**, Barardo's)



47%

19%

The number of children meeting the Chief Medical Officer's guidelines (of taking part in sport or physical activity for an average of 60 minutes or more every day) has dropped from 47% to 19%. 43% are doing less than half an hour of activity and a worrying 7% are doing nothing.

An insight from Young Leaders



A piece of research recently conducted by the Youth Sport Trust (YST) informed us of what young people themselves want from their journey as sports leaders and whether COVID-19 has impacted this. This insight has revealed that:

- Young leaders value seeing the impact of their work and this is what motivates them to lead. This is something that has been missed during COVID-19.
- Leadership and subsequent sporting activities were viewed as vehicles for boosting wellbeing amongst peers; leaders seemed keen to use their position to be able to collectively recover from the social and emotional impact felt as a result of COVID-19.
- Leaders noted that their confidence may have been knocked through being unable to lead for a substantial period during the pandemic.
- Young leaders want a more flexible and innovative leadership model with activities that could be delivered by young people face to face or online.
- Young leaders want a model that encourages proactivity and creativity, to empower leaders to create innovative activities/content themselves.

[Leadership through School Games \(YST, 2020\)](#)

Engaging young leaders

- By creating a workforce of young leaders it can help with capacity and help young people gain and develop skills.
- The pupils do not need to be talented at sport. They might enjoy helping others and they could help influence change for different reasons.
- Think about how you will invite pupils to become leaders. Pupils involved should be representative role models that reflect your school.
- Use the opportunity to create a positive change by empowering pupils to lead, give them a voice and connect with their peers.

How to get started

Select your Leaders

Do you currently have a group of pupils that are already leaders? i.e. a crew, a committee, a group of lunchtime leaders?
Could the leaders for this project be different?

“If you fail to plan, you’re planning to fail”
Benjamin Franklin

Consult

In their role could leaders help to find out what other young people in school would like to do?

Help and support the leaders to understand their role and the expectations for the project

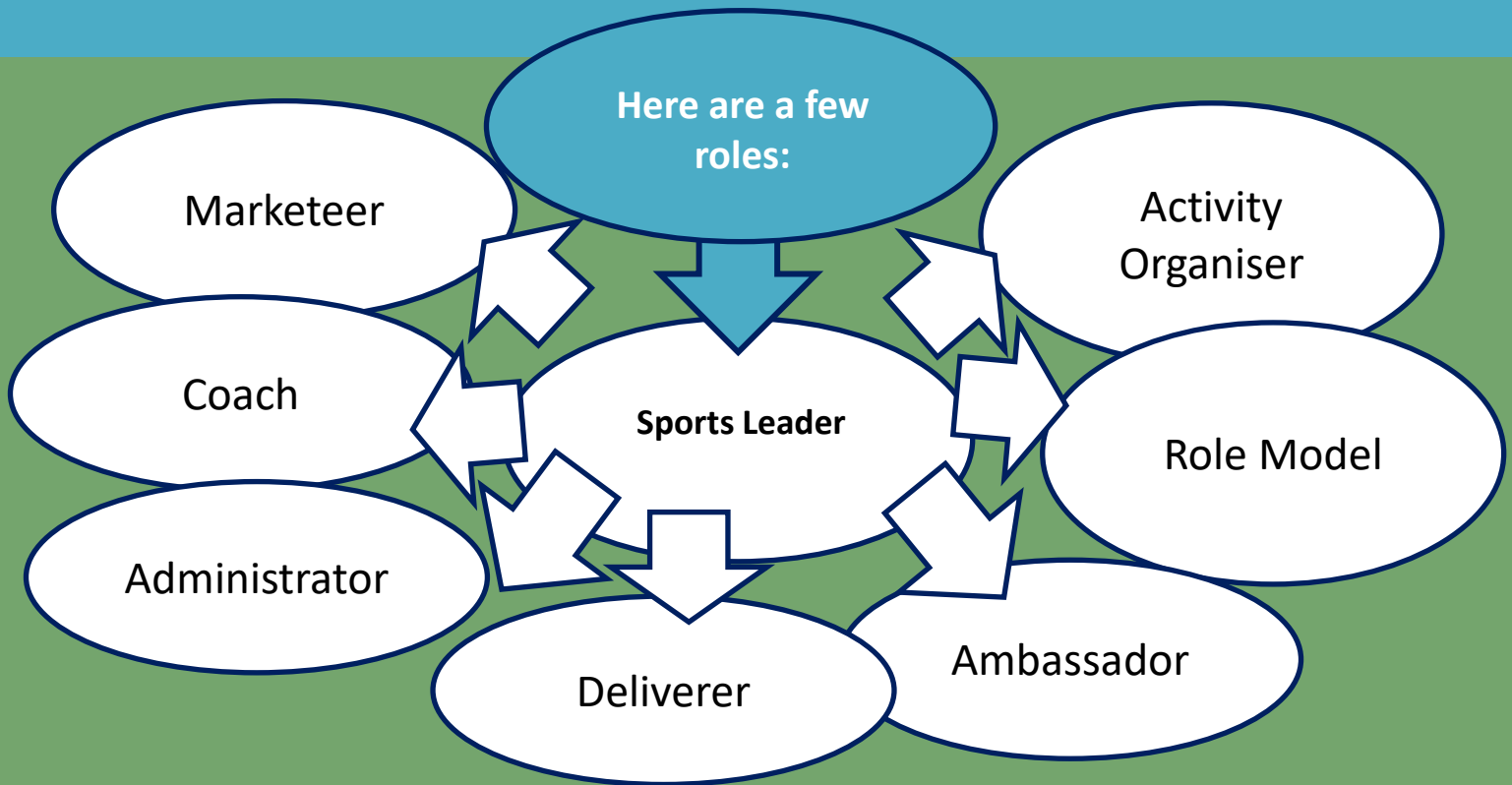
Develop a project which meets the needs of the young people

- An after school club?
- An event?
- Informal sessions during break times?

Role of a young leader

Leaders should be young people who enjoy helping others and are enthusiastic about promoting sport and physical activity.

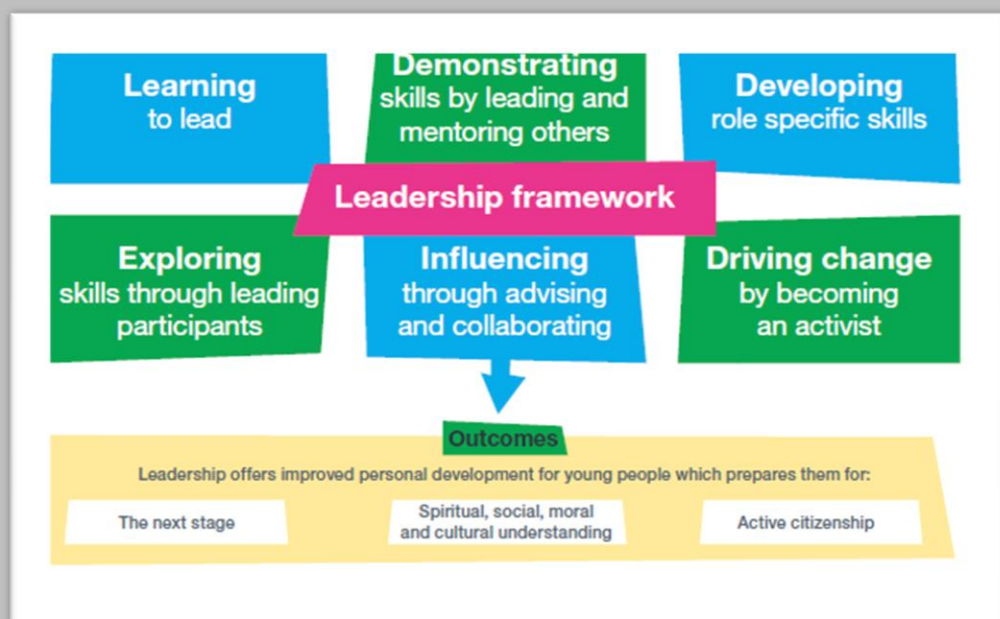
There are different roles students might undertake, depending on their skills and interests.



Thinking about the roles above.

What roles do you think are required for your school project?

What positive outcomes could these roles have for the young people?



[Leadership through School Games \(YST, 2020\)](#)

How to support the young leaders

Skills and attributes of a leader

Think about what skills and attributes of different individuals might help and support your specific project.



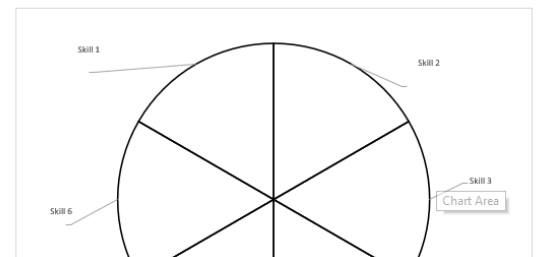
Use resources to help leaders reflect on what their skills and attributes are.

The Leadership Pizza

This activity helps to develop authentic leadership skills by allowing young leaders to explore the skills they feel are needed for their own leadership development.

This self-assessment framework helps young people to identify the skills, attributes and attitudes they feel are important for their own authentic leadership journey.

By allowing them to do this they can take responsibility for their own leadership development journey and instigate goal setting relevant for the development of these skills.



Expectations of a leader

Be clear of expectations for the leader, for this project, here are some examples:

- To increase participation in PE, and promote healthy lifestyles in their school
 - To promote the positive values of sport
 - To be a role model, advocating PE & School Sport
- To be the young person's voice on PE and school sport in your school

What will the expectations be for your project and your young leaders?

- To promote?
- Get involved in.....?
- Create ideas, activities to help with?

Encouraging and utilising youth voice

It is important to reflect on what is already in place in your school:

- What consultation do you currently do?
- Do you have a School Sport Crew or Committee already in place?
- Do you consult with your young leaders?

Consultation

- When you have found out what the leaders needs and ideas are, can they then consult with other pupils?
- How will they find out the views of others? How will they find out about motivations and about activities that their peers would like to get involved in?

REMEMBER - If young leaders are involved in the process, then hopefully it will encourage more active participation

Use of a physical activity tracker

The NT PE & Sport Team have produced a simple Physical Activity tracker that could be used to monitor which pupils are maintaining physical activity at home, you could adapt this for your school.

Could this help the young leaders? Contact the team if you would like a copy of the tracker.

It is a simple template, leaders could change or edit to suit the project/ the activity.

You could use the tracker for 1 week during the holidays, 2, 3, 4 weeks during school time.

You choose!

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Step into Spring
School Project
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Get involved in our School Project & be as active as possible everyday

Aim for 60 minutes of physical activity

Here are some suggestions of the types of activities you can do:

- Go for a walk, a jog or a run
- Go out for a bicycle ride
- Do a home exercise or workout
- Learn a dance routine
- Do some skipping
- Go skateboarding or scoot
- Play simple games in an outdoor space like stuck in the mud or capture the flag

The activity should get your body moving more and make your heart beat faster. Remember it should be fun!

Turn over to record what you have done. Add together the length of time you are active for that week. Send this back to your school or you can email it to @NorthTynesidePE

#MoveInMarch

North Tyneside
Step into Spring
Weekly Activity Tracker
@NorthTynesidePE

Can you be active every day this week?	What did you do to be active today? *Specify a time, date, the type of activity or exercise you have done*	How many minutes were you active for today? *Aim for 60 minutes*	How did being active make you feel? *Was it fun? Was it easy or hard? What did you feel like during & afterwards?*
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Name: _____ Date: _____ Total number of active minutes this week: _____

Resources to support leadership



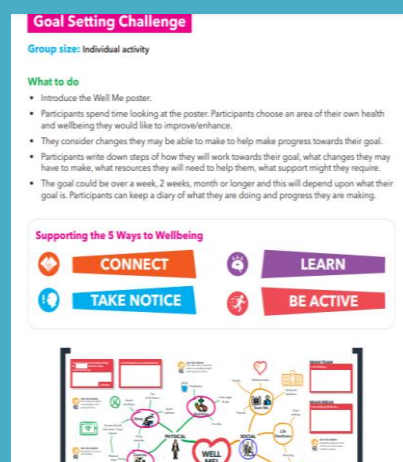
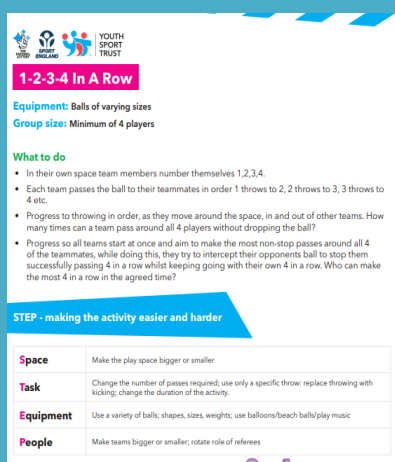
Healthy Lifestyle Festival Toolkit



Your project might be to organise an event or festival.

The “Festival Toolkit” produced by YST contains 14 activity ideas that leaders can pick up, use and adapt to organise their own mini festival.

The activities used can help develop a range of skills including physical, social, creative and thinking skills.

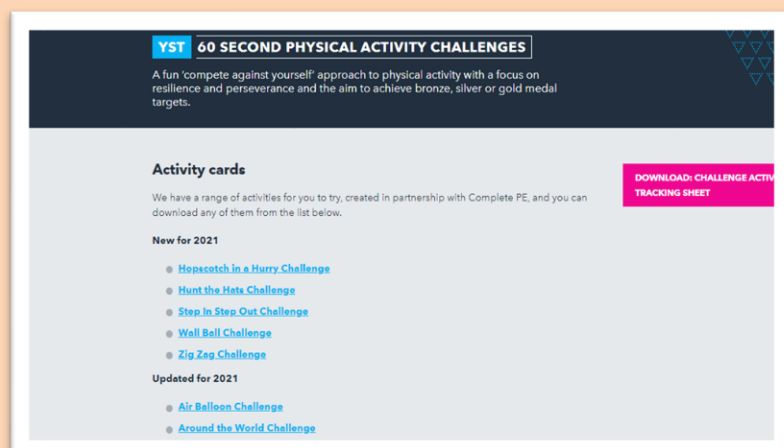


“Some people want it to happen, some wish it could happen, others make it happen”
Michael Jordan

Activity Cards

Activity cards are an easy resource for staff and leaders to simply pick and use.

The leaders could use simple activity cards to encourage small bursts of activity during the school day.



60 second challenge cards

Resources to support leadership



School Games Website

There are numerous resources on the School Games website to support your School Sport Organising Crew/ Committee, these could also be used for your project.



Leadership participation scheme

- Each time a leader attends a session they receive a stamp or signature etc.
- Award prizes for specific tasks etc, provide rewards not just based on ability



Change for Life Champions

Change4Life Champions is the young leadership opportunity where pupils can become involved in recruiting the least active children, promoting the club, leading activities in the club, supporting peers to lead healthy active lives and be the healthy active lifestyle Ambassadors for their school.



Remember to contact the team if you would like support with Change for Life Champions or School Sport Organising Crew/ Committee Training