

School Sport Coaching Project 2017

Develop Your Leadership Skills Through Sport

During the October school holidays (9-20 October), Perth and Kinross School Sport Planning Group, with funding from the Gannochy Trust, is running the School Sport Coaching Project. If you are interested in developing your leadership skills through sport, we would like to offer you the opportunity to apply for a range of formal sports coaching courses. The aim of the School Sport Coaching Project is that you would use your newly acquired skills to volunteer at extra-curricular sports clubs in your school, local primary school, sports club or with Live Active Leisure.

Terms & conditions

- **As part of the project, you will be expected to volunteer at least 20 hours (30 for UKCC Level 1 participants).**
- **All applications must be received by Friday 22 September. Any applications received after this date will not be accepted.**
- **You must currently be in S3, S4, S5 or S6 (please note some courses are 15 OR 16 years+)**
- **School staff will not be present during the courses.**
- **It is your responsibility to make your own travel arrangements to and from courses.**
- **All courses are FREE.**

To apply:

Simply choose the courses that are of interest to you and complete the application form. Places are limited; therefore please state clearly on your personal statement why you would like to be involved in the project. Please ensure a parent/guardian has signed your completed application form before posting it to Joy Cameron, School Sport Coaching Project, North Inch Community Campus, Gowan's Terrace, Perth PH1 5BF.

You will receive an email to confirm if you have secured a place on the project. Your school will also be informed.



** Consideration will also be given to fair allocation of places across Perth & Kinross secondary schools*

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Programme - Course Descriptions

These courses will allow you to gain recognised coaching qualifications. There is likely to be an element of theory (classroom) work involved but all courses are designed to be interactive and a fun learning experience.

Getting Started Netball Course (3RD YEAR PUPILS+) – Wed 11 October

This award is for those who are coaching grass roots netball. After completing this course the individual will be able to:

- Understand the fundamentals for primary school children
- Have knowledge on a range of drills and how to apply them
- Introduce Netball Specific skills
- Plan and deliver a session and confidently deliver to a group

Netball UKCC Level 1 (16 YEARS+) – Mon 9 & Fri 13 October

Perfect for those who have a sound knowledge and experience of the game of netball and an understanding of the rules. After you are qualified you will be able to assist qualified lead coaches, delivering aspects of coaching sessions, normally under direct supervision.

Basketball UKCC Level 1 (16 YEARS+) – Tues 10 & Thurs 12 October

This is the basic level of coaching qualification for those who wish to commit to coaching basketball. This course provides each candidate with the basic knowledge of basketball and coaching skills and will enable the holder to assist a fully qualified Level 2 Coach. Candidates are required to be a minimum of 16 years of age on day 1 of the course and have previous experience of playing basketball or be able to demonstrate knowledge and understanding of theory and practice of playing basketball.

Coaching Young Footballers (16 YEARS+) – Tues 10 & Wed 11 October

This 12-hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions and focuses on coaching style. **Applicants must possess a 1.1 Early Touches Certificate.**

SCQF Level 5 Award in Community Sports Leadership (15 YEARS+) – Mon 9 – Fri 13 October (5 days)

The SCQF Level 5 Award in Sports Leadership will give learners the chance to develop their organisation, motivation and communication skills, whilst also focusing on positive role models in sport, how to mentor others, and how to use leadership skills in a variety of settings.

The Award will take approximately 48 guided learning hours to deliver. This includes 10 hours during which learners will demonstrate their leadership. The Award carries SCQF credits.

Developing Multi-Skills in Sport Award (16 YEARS+) – Mon 16 & Fri 20 October

This award has been developed by **sportscotland** to provide a professional development opportunity for coaches wishing to specialise in the area of children's sport and physical activity. It is recognised by the Scottish Qualifications Authority and carries 1 National Unit credit within the Scottish Credits & Qualifications Framework at Level 5.

The award comprises of two units: 1) Fundamental Principle of Multi-skills Sport and 2) Plan, deliver and review a multi-skills sport session.

Please note, there will be theory work to be completed at home in between the Monday and Friday.