



WELSH BACCALAUREATE SKILLS CHALLENGE CERTIFICATE

National/Foundation

Community Challenge

Sports Leaders UK - Coaching



Available for assessment from January 2015

PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit the community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

BRIEF

We all need to be aware of the challenges and opportunities we may meet on a personal level in our local community: school, the local area, the nearest village, town or city. Becoming a reliable and responsible member of your community is important.



During this Challenge you will focus on sharing your interest in sport by taking the lead in coaching others in your local community to help improve their skills, knowledge and understanding. In preparation you will need to complete an [I Can Lead... Wales! course](#) or equivalent Sports Leaders UK course. Working with **Sports Leaders UK** you will participate in a range of learning activities in a sport and physical activity setting to develop and extend your skills, knowledge and understanding in how to lead sporting activity sessions

As an individual or a member of a team (3–6 members) you are invited to make an important contribution to the wellbeing of young people in your community by getting them participating in sporting activities. You will plan and organise how you will spend **10 hours** leading a series of sport/activity sessions with a specific group of young people in your community. You will create session plans and develop activities to use. You must keep a record of what, who, where, when and how you have delivered your activity. On completion of the activity you will evaluate your performance as a leader and highlight areas for improvement

Coaching structure could be:

- a) Preparation for coaching sessions (2 hours maximum)
- b) Coaching sessions (8 hours)
- c) Feedback

Example of coaching activities:

- a) Preparation of worksheets and area of work
- b) Coaching sessions to include a variety of activities
- c) Provide feedback on how participants can improve and progress

RESOURCES

[Register here for the resources](#)

CONTACT DETAILS

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