Top tips for planning and delivery

1

Start small and choose the skills

- Consider starting with a pilot group before expanding to larger groups.
- You do not need to cover everything: choose the skills that best suit your learners' needs.
- Give staff time to understand the award and check in regularly to discuss progress.

2

Plan it into your existing curriculum

- Build the award into your existing curriculum, linking sessions to the award criteria.
- Plan when and where it will be delivered across the year.
- Decide when learners will complete Learner Journal tasks, including as homework where appropriate.

> **I really like the award because it helps the students make connections between what they are doing in PE lessons and how and why they are relevant in their everyday lives. It was a great reference point to discuss issues that arose in PE. It gave a reference point to discuss behaviour and choices students made.**
>
> **Shaun Healy, Head of PE, Thorns Collegiate Academy**

3

Make the skills visible

- Make sure learners know which life skill they are working on and what it looks like in practice.
- Keep the skills visible in learning spaces, refer back to them regularly and use examples that are relevant to learners' interests and experiences.



4

Give learners a voice

- Involve learners from the start and throughout the award.
- Regularly discuss the award at the start and end of lessons.
- Encourage learners to identify where they have demonstrated a skill, explain why and reflect on their progress.

5

Keep evidence manageable

- There is no required format or set amount of evidence needed to achieve the award.
- Use your professional judgement to decide when a learner has demonstrated the required skills.
- Celebrate progress along the way to help maintain engagement.

Our students are taught the life skills explicitly through their KS3 curriculum and can communicate effectively with each other and be good team players. They know the process of problem solving and have developed in confidence throughout the award. The leadership skills have enabled them to go for leadership positions within the school and at their local clubs.



6

Embed the award across school

- Look for wider opportunities for learners to apply their skills in other areas, such as English, Social Science and Duke of Edinburgh.
- Link the award to the school's personal development programme.
- Use practical, real-life leadership opportunities wherever possible.