#ThisIsPE
Leadership — Plan and lead an activity
SECONDARY KEY STAGE 3 PE /// STUDENT LEADERSHIP

Content outline
This activity aims to develop planning and leadership skills to enable a young person to deliver a basic skill development activity

- Communication
- Planning
- Problem solving
- Creativity

<table>
<thead>
<tr>
<th><strong>S</strong> Space</th>
<th><strong>T</strong> Task</th>
<th><strong>E</strong> Equipment</th>
<th><strong>P</strong> People</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Increase the playing area you are using</strong> (to make it harder)</td>
<td><strong>Add time limits to put participants under pressure</strong></td>
<td><strong>Use different household items (Eg. cushion, small soft toy, items of clothing) to use during the activities</strong></td>
<td><strong>If you have other people in your house, ask them to be your participants to lead to</strong></td>
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<tr>
<td><strong>Decrease the playing area you are using</strong> (to make the task easier)</td>
<td><strong>Use very concise / simple instructions for any younger participants</strong></td>
<td><strong>Use larger equipment to make the task easier (eg. Larger targets, or use a larger ball)</strong></td>
<td><strong>Describe your activity a friend online – could they understand your activity?</strong></td>
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<tr>
<td><strong>If completing indoors, make sure the area is clear of trip hazards and any objects which could cause harm</strong></td>
<td><strong>Include complex instructions to increase difficult, such as reversing instructions (Eg. Instruction &quot;Forward&quot; means the opposite)</strong></td>
<td><strong>Could additional zones be added which could be used within your activity?</strong></td>
<td><strong>How could you improve the activity you delivered?</strong></td>
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<td><strong>Have a variety of ways to make your activity easier / more difficult so you can adapt accordingly</strong></td>
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This resource and supporting video have been created by:
James Panayi, Sprowston Community Academy

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Learning intention

**Physical:**
- To plan and deliver a short skill development activity

**Personal:**
- Communication
- Problem solving
- Leadership

Learning questions:
- How did you make sure your participant understood your instructions?
- How can you make your activity easier / more difficult?
- What was the most difficult part of planning your activity? How did you effectively overcome this challenge?
- How could you adapt your idea for being indoors?
- How could you adapt this activity to suit someone who enjoys playing an activity like Rugby?
- How could you improve the activity you delivered?