

Personal Learning Checklists – BTEC Sport Level 2

Name:

Unit 6 – Leading Sports Activities

Learning aim A: Know the attributes associated with successful sports leadership.

R	A	G

Learning aim B: Undertake the planning and leading of sports activities.

R	A	G

Learning aim C: Review the planning and leading of sports activities.

R	A	G

Learning Aim A – Personal Learning Checklist

Start Date:

Review Date1:

Review Date2:

CONTENT	CAN DO STATEMENTS	R	A	G
A.1 Types of sports leaders.	I can identify different types of sports leaders.			
	I can describe the roles undertaken in each of these activities.			
A.2 Attributes of a successful sports leader.	I can explain the skills needed in sports leadership. (communication, organisation of equipment, knowledge)			
	I can explain the advanced skills needed in sports leadership. (activity structure, target setting, use of language, evaluation).			
	I can explain the qualities needed in sports leadership. (Appearance, enthusiasm, confidence).			
	I can explain the advanced qualities needed in sports leadership. (leadership style, motivation, humour, personality).			
A.3 Responsibilities of a sports leader.	I can explain the core responsibilities (professional conduct, health and safety, equality) of a sports leader.			
	I can explain and apply the wider responsibilities (insurance, child protection, legal obligations, ethics and values, rules and regulations) of a successful sports leader.			

Learning Aim B – Personal Learning Checklist

Start Date:

Review Date1:

Review Date2:

CONTENT	CAN DO STATEMENTS	R	A	G
B.1 Types of sports activities.	I can identify examples of a team sport.			
	I can identify examples of an individual sport.			
	I can identify examples of a fitness activity.			
B.2 Components of sports activity sessions.	I can identify what a warm up is, and explain its benefits.			
	I can identify the main component/components of activity, (skill introduction, development, conditioned game, final activity) of a sports activity session.			
	I can identify what a cool down is, and explain its benefits.			
B.3 Planning a sports activity.	I can effectively using information about individual participants (age, ability, gender, numbers, medical, specific needs).			
	I can effectively using aims and objectives (target setting, expected outcomes).			
	I can effectively using resources (equipment, time, and environment).			
	I can effectively taking into account health and safety considerations (risk assessment and informed consent).			
B.4 Leading sports activities.	I can demonstrate leadership attributes when leading a sports activity.			
	I can complete all core responsibilities when leading a sports activity.			
	I can complete all wider responsibilities when leading a sports activity.			
B.5 Measures of success.	I can evaluate my session to ensure that I have covered all of the planned components .			
	I can evaluate my session to ensure that the participants have met the aims and objectives			
	I can evaluate my session to ensure that I have organised my session appropriately.			
	I can evaluate my session to ensure that I have planned a safe activity.			

Learning Aim C – Personal Learning Checklist

Start Date:

Review Date1:

Review Date2:

CONTENT	CAN DO STATEMENTS	R	A	G
C.1 Reviewing a sports activity.	I can use participant feedback to review my session.			
	I can use supervisor feedback to review my session.			
	I can use observer feedback to review my session.			
	I can use self-analysis to review my session.			
	I can use a range of methods (questionnaires, comment cards, observation records, and direct verbal feedback) to review my session.			
	I can identify clear criteria for strengths and areas for improvement (demonstration of attributes, completion of responsibilities, e.g. planning, content, organisation, health and safety, achievements).			
C.2 Targets for development.	I can use SMARTER targets (specific, measurable, achievable, realistic, time-related, exciting, and recorded) to plan my own improvement as a sports leader.			
	I can create a development plan to guide my own improvement as a sports leader (aims and objectives, goals, SMARTER targets, activities and opportunities, training, courses, qualifications, possible barriers).			