

LESSON 4 - TRAINING TO BECOME A PLAYGROUND LEADER

Learning Outcomes	<ul style="list-style-type: none"> • Will know how to ensure the safety of a large group of children when leading them in physical activity. • Will be able to adopt the role of a playground leader and lead a safe but enjoyable session. • Will have an understanding of the different strategies that can be used to lead a large group of children in physical activity. 						
Equipment	<table> <tr> <td>1. Footballs.</td> <td>4. Bibs.</td> </tr> <tr> <td>2. Handballs.</td> <td>5. Whistles.</td> </tr> <tr> <td>3. Cones.</td> <td>6. Stop-watches.</td> </tr> </table>	1. Footballs.	4. Bibs.	2. Handballs.	5. Whistles.	3. Cones.	6. Stop-watches.
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TASKS

Discuss the different strategies that are required in order to lead a large group of children.

- **Guided discovery.**
- In order to lead a large group of children it is essential that the leader gains control at the beginning of the session.
- In order to do this it is necessary for the leaders to sit the children down and explain to them the format and rules of the session. This provides the children with boundaries in which they can then behave.
- It is also necessary to put more emphasis on the whistle in order to gain the attention of a big group of children.

Example of the playground leader initiative.

Demonstrate to pupils how the playground leader initiative works.

Offer examples using the 'pupils' as the children of how playground leaders can involve large groups of children in safe but enjoyable physical activity. After you have offered examples of how to lead large groups of children in physical activity, allow the more competent leaders the opportunity to lead in partnerships.

- **Command style.**
- Pupils play 5 a-side football and handball matches, using a 'winner stays on' format with one goal/net deciding each match. Each game should last a maximum of four minutes, however if a goal is scored in that time the team that conceded the goal automatically lose the match and are replaced. If neither team scores a goal within the four minute period both teams are replaced. Pupils waiting to play sit at the side of the pitch in a queue. Pupils in a losing team are welcome to join the queue at the side of the pitch and wait for another game. When the previous game finishes the playground leader selects the five pupils at the front of the queue and they replace the team that