



Cornwall Community Leadership Delivery Model

Year Two Report (January 2008 – February 2009)

Year Two - Summary

Year Two has been another successful year, with more agencies choosing to introduce the awards within their programmes.

Evidence has shown us that agencies and organisations worked with in year one have continued in the delivery of awards.

Year One of the Cornwall Community Delivery Model was successful in terms of the number of courses delivered, but most importantly the experiences gained by the young people and adults who attended those courses.

Year Two has certainly exceeded the CSPs expectations, the collaboration with other agencies has positively increased partnership working across the county. What's more, the quality of delivery across partnerships has been exceptional.

11 Awards Delivered

2 Tutor Training Days (One Local & One National)

89 Qualified Leaders across Cornwall

23 Newly Qualified Tutors in Cornwall

25 Additional Qualified Tutors in South West (Marjon Training)

Partnership Development Work

'Cornish Pirates Playing for Success Learning Zone'

Year Two has seen some fantastic partnership working, in particular the opportunities that have opened up between Mounts Bay School Sports Partnership (CSP) and the Cornish Pirates Learning Zone. The work carried out between Cornwall Sports Partnership and the Learning Zone has led to further work with Mounts Bay cluster schools. Pupils have been nominated to attend Sports Leadership courses including the Young Leaders Award and Level 1 in Sports Leadership linked to a Leadership Academy being developed at the Learning Zone.

'Day Leaders'

A second partnership opportunity formulated between Mount Bay School Sports Partnership and CSP, through work previously done with Cassie Williams (former teacher at Tregony School) and a tutor for Day Certificate, now in a new role as Deputy Head at St Ives Infant School. A meeting with Jon Coleman, Partnership Development Manager (Mounts Bay Partnership), Leadership Coordinator and Cassie Williams resulted in a Day Leaders Certificate being delivered by Cassie Williams and SSCO for St Ives November 14th for feeder St Ives cluster primary schools of Mounts Bay School Sports Partnership. The partnership is now planning to schedule one Day Certificate each year.

'Growing Leaders'

Leadership development within the community has also supported work being developed by Restormel Community Sport Network, LEAP ACTIVE and Poltair School Sports Partnership. Through the Sport Unlimited programme partners have developed a 'Growing Leaders' project that aims to target semi sporty young people and provide them with leadership opportunities. The project is looking to target 45 young people and is due to commence its roll out of courses in February 2009, this will link with Year Three of the Community Model. Young people will be given the opportunity to access awards in an evening and during holiday periods. Delivery sites will include local sports centres and community facilities. In order to establish such a

roll out much work has been done throughout Year Two of the model to bring partners together.

'The Works' Dance and Theatre Development Agency'

Through sports development networks, the agency became aware of the leadership work being developed across the county.

The agency was particularly interested in the Dance Award. It had been highlighted with the delivery model, that the Dance Award could be funded as a reactive award.

The agency was very keen to look at delivering the award within some of the session work they carry out.

Following meetings it was agreed that money from Year three would be used to help develop this. A 'Partnership Agreement' was written to outline both The Works and CSP roles and responsibilities.

Look out for more in Year Three reports.

Step into Sport Education & Community Delivery Plan – in conjunction with Partnership Development Managers (School Sport Partnerships)

A request was put to Cornwall Sports Partnership for the Community Leadership Coordinator to take on the role of the Education Coordinator to support the Partnership Development Managers (School Sports Partnership) to further develop opportunities for young leaders, and to develop the Step into Sport programme.

This being agreed, a second request from the PDMs was to provide a document that would encompass both elements of Education and Community Leadership, with a particular focus on the Step into Sport Programme. This document has been written and a copy of the plan has been included in the Appendices.

Organisations that have attended Local Training that have gone on to run courses:

Cornish Pirates Playing for Success Learning Zone (Young Leaders & Level 1)

Bodmin Youth Centre (Youth Cornwall) (Day Certificate)

LEAP ACTIVE - Growing Leaders Project

Bishop Forum Activities Centre (Level 1)

Bude CATS -Community Action through Sport (Day Certificate)

Contents:

- 1.0 Description of Awards Delivered 2008
- 2.0 Year Two Outline
Include charts showing the actual number of courses delivered
- 3.0 Income & Expenditure Reports
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- 5.0 Year Three Delivery

Appendices:

- Appendix A Reports on courses delivered in Year Two
- Appendix B Step into Sport Education & Community Delivery Plan
- Appendix C Expenditure & Finances
- Appendix D Copy of Partnership Agreement between The Works and Cornwall Sports Partnership

1.0 Description of Awards Delivered 2008

Continued delivery by Year One Organisations:

Caradon Sports Development Unit & K2 Youth Project: Delivered 1 x Level 1 course September 2007

Bishops Forum: Delivered 2 x Level 1 courses over February / March and July 2008

Penryn Extended Services: Level 1 in Community Sports Leadership August 2008
2nd Day Certificate February 2008

Cornwall Outdoors: Young Leaders courses being delivered during holiday periods linked to outdoor activities.

Falmouth Falcons: September & December 2008 delivered 2 x Young Leaders Award

Delivered and Completed courses 2008:

Tutor Training

- National Tutor Training Day: 18th March – KE as Local Tutor Trainer Delivered Level 2 and Teaching Leadership 2 with National Training Team @ Marjons University. **25 Attendants Completed Training**
- Local Tutor Training Day – 20th May 2008 @ Penzance YMCA Cornwall, funded through the Model; **23 Attendants Completed**, 6 non attendants

Awards

Day Certificate in Sports Leadership

- Day Certificate in Sports Leadership: 29th January – Roseland Cluster Primary School: Adult Helpers and Teaching Assistants; **12 Attendants Completed Award**
- Day Certificate in Sports Leadership: 14th February – Penryn Extended Services – Adult Helpers: KE mentored two newly qualified tutors who delivered their first course. **4 Attendants Completed Award**
- Day Certificate in Sports Leadership: 18th February – Bude CATS Scheme (Community Action through Sport): **19 Attendants Completed Award**
- Day Certificate: delivered by Cornwall Sports Partnership July 8th for North Cornwall Activities Network, funded through the Model – **9 Attendants Completed Award**
- Day Certificate: delivered by Bodmin Youth Project 27th August 2008 funded through the Model – **5 Attendants Completed Award**
- Day Certificate: delivered by Community Coach – Cornwall Sports Partnership: Double Trees School, St Blazey: 6th, 13th, 20th & 27th November 08; 17+ individuals including pupils, parents & TA's – **8 Attendants Completed Award**

- Day Certificate: to be delivered by Cassie Williams to St Ives Cluster Primary School partnered with Mounts Bay School Sports Partnership – 14th November 2008 – **9 Attendants Completed Award**

Young Leaders Award

- Young Leaders Award Mt Hawke CP School– Delivered by community Coach from Cornwall Sports Partnership over 15 Sessions (8 weeks) Commenced on 18th February, completed 19th March 2008; **12 Attendants Completed Award**
- Young Leaders with 1st Division St Austell Scouts – June 28th & 29th 08, funded through the Model. **5 Attendees Completed Award**

Level 2 Community Sports Leadership

- Level 2 in Community Sports Leadership: 18th August – 22nd August 2008; delivered through Bodmin College in partnership with North Cornwall Activities Network, funded through the Network and CSP – **7 Attendees, 6 Attendees Completed Award**

New Approved Accredited Centres:

- Polkyth Leisure Centre – Restormel Borough Council
Delivery site: St Columb Major Primary School
- The Works ‘Dance and Theatre Performance Agency
Delivery sites: St Austell College
- Cornish Pirates Learning Zone – Playing for Success
Delivery site: Mennaye Fields (Pirates Training Ground)

Planned Awards & Training for 2009:

- Level 2 with Penryn Extended Services – April 2009 Summer Holiday, continued delivery from Year 1, course to be funded through Penryn Extended Services with CSP support – **to fund Tutor time**
Delivery of award was originally scheduled for August 2008 postponed until Easter Holidays 2009 Beginning Year 3
- Level 1 with Cornish Pirates Learning Zone – March / April 2009 funded through Model
Young Leaders with Cornish Pirates – Resource purchased through Model, **Resources already purchased**
- Level 1 with YMCA Cornwall – funded through Model, **Resources already purchased**
- Level 1 through Restormel's Community Sport Network (RCSN) 'Growing Leaders Project to develop 15 young leaders. AAC Polkyth Leisure Centre, working with young people from Street Games Project (LEAP ACTIVE) – Funded through RCSN & 'Sport Unlimited' (5hr Activity Offer);
February 5th, 12th, 27th, March 5th & 12th
– **Resource purchased through Community Delivery Model**
- Young Leaders: through RCSN 'Growing Leaders' Project to 30 young people aged 10 – 13years delivered in Brannel – **Resource Purchased**
- Young Leaders: to be delivered by Truro Fencing Club – March 2008
Delivered through qualified coaches – **Resource Purchased**
- Young Leaders: to be delivered by Redruth Youth Service – TBC
Delivered through trained Youth Service Staff – **Resource Purchased**
- Young Leaders: to be delivered by Helston Youth Service – Date TBC
Resource Purchased
- Day Certificate: to be delivered by Helston Youth Service – Date TBC
Resource Purchased
- Dance Level 1: To be delivered through NCDC Extended Activities Network & Bodmin Youth Project, date TBC, funded through the Model, **Resources already purchased**

2.0 Original Outline table from the Community Delivery Model for Leadership – Year Two Delivery

Year Two outcomes identified in Model:

- 1 x Tutor Training Day
- 2 x Young Leaders Award
- 2 x Level One in Sports Leadership
- 2 x Level Two in Community Sports Leadership
- 4 x Day Certificate in Sports Leadership

<u>Award</u>	<u>Delivery Target</u>	<u>Anticipated Costs</u>
Young Leaders Award	<p>Delivery 2 x Young Leaders With</p> <ul style="list-style-type: none"> • Uniformed groups • Delivered by CSP leadership Co-ordinator or appointed community deliverer and shadowed by group leaders <p>2 x Courses delivered by Cornwall Outdoors</p> <p>1 x Local Tutor Training Day (linked to others awards)</p> <p>Groups from Year 1 to Deliver 2 courses each: Groups from Year 1 would be expected to purchase resources to deliver courses.</p>	<p>Cost of delivery:</p> <ul style="list-style-type: none"> • No cost incurred for AAC as no need to be an accredited centre to deliver award • No Tutor Resources needed in year two as organisations from year one will be required to purchase own resource. • Tutor delivery cost @ £14ph x 8hours per course (2 X courses) = £224 • Tutor Training Day (this day will encompass training for all awards) = £250 • Travel – approximate 100miles @ 0.38pm
Level 1 Sports Leadership	<p>Delivery 2 x Level 1 Sports Leaders Award</p> <ul style="list-style-type: none"> • Community Organisations • Delivered by CSP Leadership Co-ordinator or appointed community deliverer and shadowed by potential tutors <p>1 x Local Tutor Training Day (linked to others awards)</p> <p>Community groups from Year 1 to Deliver 2 courses each: Groups from Year 1 would be expected to purchase of candidate resources to deliver courses Year 2 onwards</p> <p>6 courses 72 young people (based on 12 per course)</p>	<ul style="list-style-type: none"> • AAC Fees (4 x organisations) = £188 • 4 x Tutor Resource = £160 (for organisations) • 24 x Candidate log books @ £11 = £264 • Tutor delivery cost @ £14ph x 24hours per course (2 x courses) = £672 • Tutor Training Day (this day will encompass training for all awards) = £250 • Travel – approximate 200 miles @ 0.38pm = £76
Level 2 Community Sports Leadership	<p>Delivery 2 x Level 2 Community Sports Leaders Award</p> <ul style="list-style-type: none"> • Community Organisations • Delivered by CSP Leadership Co-ordinator or appointed community deliverer and shadowed by potential tutors 	<ul style="list-style-type: none"> • AAC Fees (4 x organisations) = £140 • 4 x Tutor Resources = £160 (for organisations) • 24 x Candidate Log Books @ £22.00 = £528 • Tutor delivery cost @ £14ph x 30hours

	<p>1 x Local Tutor Training Day (linked to others awards)</p> <p>Community groups from Year 1 to Deliver 2 courses each: Groups from Year 1 would be expected to purchase of candidate resources to deliver courses Year 2 onwards</p> <p>6 Courses 72 young people (based on 12 per course)</p>	<p>per course (2 x courses) = £840</p> <ul style="list-style-type: none"> • Tutor Training Day (this day will encompass training for all awards) = £250 • Travel – approximate 400 miles @ 0.38pm = £152
Day Certificate in Sports Leadership	<p>It was identified in Year One that there was a need to have a degree of flexibility with the Day Certificate. Also that it would become one of the more popular awards.</p> <p>It was therefore agreed to try and equal the number of courses delivered in Year One. Target is to deliver 4 Day Certificates.</p> <p>Funding will look to purchase Tutor Resources for the agencies wish to have a course delivered.</p>	
Dance Leaders Award	<p>This award was not highlighted as an award that would be included in the Yearly delivery, but that it may be picked up through the contingency fund reserved for other award delivery.</p> <p>In Year Two there has been a demand to introduce the Dance Leaders Award and therefore funding has been used to help establish the award within some of the external agencies.</p>	

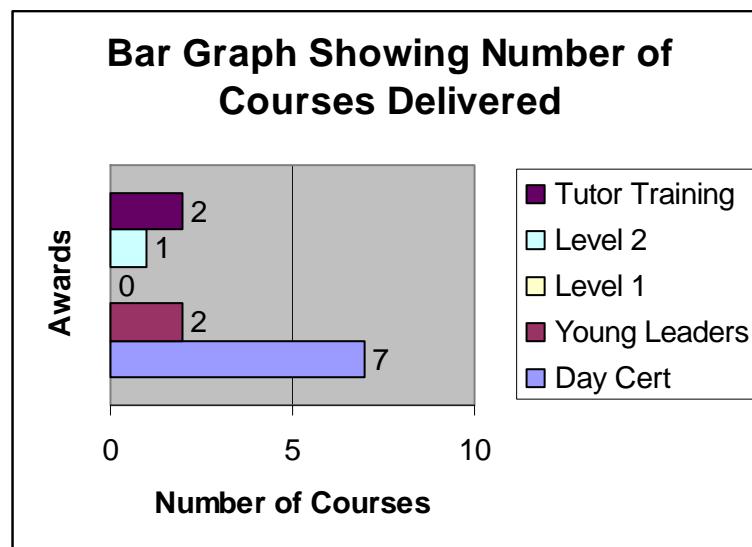
It is important to note that the delivery model again in Year 2 needed to be flexible in terms of the groups chosen to work with and the courses being delivered. It was anticipated that there may a need to change elements of delivery.

It has been evident in Year two that predicted costs to cover Tutor Time has needed to be redirected. Money has been used to purchase more Tutor Resources, Candidate Log Books and training to help support the initial delivery stage. This has been due to the number of Tutors trained from External Agencies.

The page below gives statistics on numbers completing awards and awards delivered.

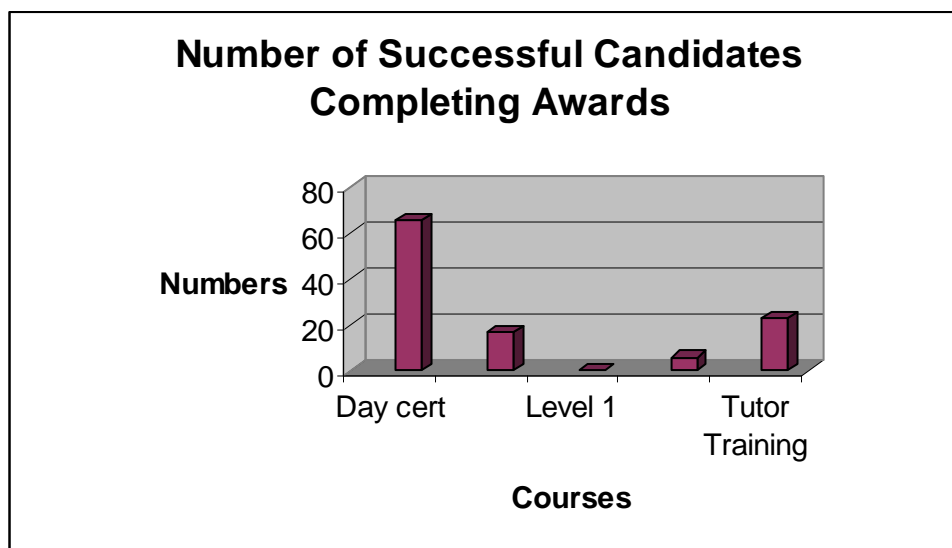
Statistics / Charts

Bar Char 1



Although the statistics show that no Level 1s were achieved in 2008, there has been postponed Level 1s that have be carried over to Year Three

Bar Chart 2



Statistics show that with in Community Organisations the Day Certificate proved to be the most attractive award that suited the individuals targeted.

3.0 Expenditure Summary

Year one gave Year two a healthy start with a carry over of funds, this has supported the ability to develop more courses over the year, further showing the importance of utilising funds to run courses, purchase resources and provide local training.

Appendix C provides a comprehensive spread sheet highlighting in yellow what funds have been spent on.

In order to support external agencies in providing the required training for staff to have the skills to deliver awards, it was agreed that funding through the Community Model would be used to fund a Local Tutor Training Day. **£1500** was allocated to this, and provided the training free of charge to those agencies sending staff.

Funds have been spread across the awards with a large percentage of the funds, **£1675** being used to purchase Tutor Resource Files. Organisations felt this was a massive help to them in starting to deliver awards, purchasing Tutor Resources can be an expensive element of establishing courses. Sheet two of Appendix C show where Tutor Resources have been distributed.

A second vital part of the funding, **£290.81**, was to support organisations becoming Accredited Centres, therefore money was available to support applications and fund the £94 to become an approved centre.

The expenditure spread sheet highlights in Yellow all invoices paid against awards delivered, hire of facilities and resources purchased. It gives both Net Values and Total Values with VAT included. **£477** of funding used to purchase log books, with **£795** still allocated and to be carried over to Year three.

Funding in the budget had been highlighted for course set up with Youth Centres, some of these courses have needed to be postponed therefore funds will be carried over to Year 3 to support course set up and resource purchases. These are highlighted in Grey.

To summarise, with the advice taken with the Regional Development Officer over the year, the funding has clearly been used effectively, any hope that Sports Leaders UK agree with this on reading this report.

4.0 Conclusions & Recommendations

It is evident from the report that this year has been another successful year of delivery, however, it has not been an easy task to engage and retain the enthusiasm, and motivation of some community agencies and organisations.

As with many projects, the initial interest in being involved is promising and met with enthusiasm, but this can soon change in some cases much time is spent chasing people. This has been evident with some of the Police Stations, who began with the model in 2007 having to disengage with the programmes due to other Policing priorities such as speeding, traffic etc.

It was highlighted in the Year one report that there was a need for more community deliverers to be used to help support delivery. This worked particularly well on the Level 2 Community Leadership Award linked with Bodmin Youth, North Cornwall Activity Network and Bodmin College.

It can be seen from the statistics that the most popular award was again the Day Certificate, with many organisations seeing the benefits of delivering this award to their target groups. Those courses which targeted adult helpers and teaching assistants linked to School Sport Partnership have proven to increase the number of volunteers support out of school activities.

The Year two Local Tutor Training Day was held in May with 23 individuals from a range organisations attending. The training was funded through the model, making it free for the organisations attending. It has been necessary this year to ensure that as a partnership we support and follow up with these organisations. Some have applied to become Approved Assessment Centres; including Cornish Pirates Learning Zone and The Works Dance and Performance Agency and have delivered courses ranging from the Day Certificate, Young Leaders and Level 1s.

It has also been concluded that it is very important to provide step by step processes for community, youth, and voluntary organisations. It is certainly evident that establishing the leadership awards within educational establishments is much easier and more straightforward.

Expenditure of the funds has required close monitoring, with a degree of flexibility needed when looking at how the funds have been utilised. It can be seen from the expenditure sheets that money has been used to pay for Local Tutor Training, Tutor Time, Tutor Resources, Candidate Log Books and Certification.

The development work carried out in Year two has led to a review of the Year three roll out of courses, this will be covered in more detail in the recommendations.

Included in the appendices are case studies and reviews of courses that have been delivered in Year two, showing the diverse groups and organisations that the Partnership has been working with. Also included is evidence of continued delivery from organisations worked with in Year one.

Recommendations

To conclude we believe that the focus for Year three needs to be; completing on those awards that have been carried over from Year two, with a particular emphasis on working closely with organisations to maintain delivery. Also to provide the much needed support to direct and advise community organisations.

Interest from The Works Dance and Performance Agency in the Dance Leaders Award has prompted a change to the original Year three programme from delivering 2 Young Leaders, 2 Level 1 Awards, and 2 Level 2 Awards. We are recommending that funding be shifted from delivering Level 1 and Level 2 to establishing Dance Leadership through The Works, earmarking £1200 to be used for Training, Resources and Candidate Log Books. Already we have worked with The Works to register them as an Approved Assessment Centre, as well as identified the instructors to attend National Training at Marjon University, Plymouth in July for the Dance Tutor Workshop. Also written between Cornwall Sports Partnership and The Works is a Partnership Agreement that outlines outcomes required by The Works to complete in order to access funding through the Community Model for Leadership.

Further work is required to bring together Leadership Academies through the School Sport Partnerships and the Local Centre of Community Sports Leadership, in providing more opportunities to access training, courses and advice.

Planned are two programmes that would support this link between Leadership Academies and Local Centre of Leadership. The CSP has proposed to develop a 12 month rolling programme of National Governing Body Awards to complement Sports Leaders Qualifications, also a Leadership Bursary Scheme associated with the Step into Sport Programme. Further work is being carried out to make these a reality.

Finally there is a need to look at the legacy of the Community Model, it is the view of the coordinator that this will be in the form of linking further community agencies with schools and colleges around the 5hr Activity Offer and with Community Sport Networks.

Creating opportunities from the new Leadership Delivery Plan that strengthens the cross over work of leadership in schools, college and statutory and non statutory youth organisations.

Appendix A

Briefs on Courses Delivered in Year Two:

This section provides the reports on awards delivered through the Community Leadership Delivery Model.

2nd Local Tutor Training 20th May 2008

Training was delivered at Cornwall YMCA in Penzance to 23 staff representatives from a number of external agencies including:

- Youth Cornwall Youth Centres
- Penwith Community Development Trust
- Cornish Pirates Playing For Success Learning Zone
- Newquay / Polkyth Leisure Centres
- Bishop Forum
- LEAP Active
- Devon & Cornwall Constabulary
- Cornwall Youth Offending Team – White Gold Project

This training has now allowed agencies with funding support from Sports Leaders UK and Cornwall Sports Partnership, to become Accredited Centres and deliverers of Sport Leaders awards.

Below are some pictures from the day.



Feedback:

“Brilliant practicals and good explanation with the course requirements”

“Great Fun, learnt loads”

“Good Fun and involving mixture of theory and practical”

“Informative while giving very practical ideas to work with young people”

“Well presented and delivered”

Day Certificate in Sports Leadership Award – Delivered to the Bude CATS Scheme February 18th.

From Denise May – Director of Sport Budehaven Community Sports College and Clair Roberts – CATS Bude

As you can see below, I have asked Clair, the new Project Development Manager for CATS to write a short report.

From my perspective, as Director of Sport in a sports college, it is about the promotion of community cohesion and community collaboration. The course injected enthusiasm, fun and motivation to a group of adults who are working with youngsters in the community. This experience has equipped them with the tools to develop stronger links between different generations, in a time when youngsters feel disenfranchised with society. The course has strengthened the objectives of the "Community Action Through Sport" scheme by promoting positive community links. It has brought together a group of adults who lead such different lives and yet come into contact with youngsters today, equipping them with new skills to develop and improve relationships. Most of all it promoted the value of learning new skills in a fun and safe environment!!

Hi Denise

The day certificate Course was ideal for what it was – an introduction to arranging simple sports activities for groups of young people. It suited people who perhaps had not had much involvement with coaching or working with young people.

From my perspective, I coach young people at the surf club, and concentrate on fitness and dedication. The best thing I got from this day was how to have FUN again! (I think I had become too serious!) It certainly was great fun for everyone, and some of the games were hilarious. The great thing was that they were made up on the spur of the moment with props given to us, to show that with very few resources we can use our imagination and turn anything into a fun game. Brilliant.

The information given to us was very clear and concise and made perfect sense, as a reminder on how to communicate well with other people and ensure that you give clear instructions. There was great emphasis on how to do things positively (such as selecting teams as not leaving the no-hoper kid till last), which is a change from when I was at school (!) and something I would hope I would never do, but sometimes you just go with what you know and unintentionally could offend a sensitive person.

Regarding the Police and the PCSOs , it was a brilliant bonding session! We kept being moved around in groups, so had to team up with lots of people. Seeing everyone on a level (no uniform, no rank) ensured that we took people at face value. For me, it was a fabulous opportunity to get to know the PCSO's, who I have every intention on bringing fully on board with CATS. For the PCSO's, I think that they believed that even if you have never organised an activity, that anyone can with a little thought and enthusiasm and that you do not have to be a great athlete to be able to join in.

Since the training day, I feel that I have been welcomed into the fold, even as a civilian and a girl! Something which could have taken far longer, but a fun sports day was the perfect icebreaker. So I kind of think, it would be great training for older young-people who are at risk of offending to show them that they can help those younger than them, and see that the police are a bunch of blokes that like to have fun too.

Overall it was a great day. A good refresher for people who may think that they know it all (bit like me!) and perfect for those coming in from scratch. I really enjoyed myself and was really chuffed that I got to know the police guys. (bit of a party day really!.. Way too much fun had!)

Thanks

Clair Roberts: CATS Bude

Young Leaders Award - 1st Division St Austell Scout Group, 28th & 29th June 2008

Young Leadership Weekend by Liam + Scott
21st-22nd June 2008

Saturday

We arrived at the Polkerris beach car park at 9:00.
At the back of the Polkerris scout hut, we pitched our hike tents and got ready to go out on to the water for our first of 3 trips at 11:00am.
We went over the basic strokes like sweep strokes, forwards, backwards and other strokes. Then went back in for a session on leadership skills which included planning a game to play out on the water, and then stopped to have lunch.
At 3:00 we went back onto the water after building a dam that was a victory as we built it right where the tide stops! We practised surfing which was thoroughly enjoyed by all and then “practised” capsizing.
We had an indoor BBQ for tea (surprise, surprise, it was raining!) and watched an interesting film in the evening called *Touching the Void* while cup ‘a’ custard ‘n’ cake!
Then we went to bed with the waves crashing near the opposite side of the wall.

Sunday

Today was the day when we were tested for our Young Leadership Skills Award; we were tested on all the skills and strokes we had covered the previous day. We then tried out our ‘own’ games we had invented to play in the kayaks which tested and extended our kayaking and leadership skills. Once we had finished (Liam) went to be a submarine by turning over the kayak leaving an air pocket inside the kayak giving you ability to move underwater which was really fun.
We then put the kayaks away, got changed, took down the tents, bring everything across the beach and left all in time for tea!

A big thank you to all those who spent their own time to help and to everyone who organised this weekend

1st Sticker Scouts involved in canoe activity as part of their Young Leaders Award



Bishop's Forum Report- Level 1 Sports Leader Award. July 2008

The Bishop's Forum has now run two Level 1 Sports Leader Awards following on from it's involvement in Year One of the Cornwall Leadership Model. The second of these courses was part of a 12 week development programme called 'Freestyle', run via Youth Cornwall for young people between 14-16 years old. This programme incorporates team building, personal development through adventurous activity and accreditation via the Sports Leader Award, AQA Activity Awards and ASDAN Wider Key Skills Qualifications.



The courses are very popular with the participating students as they offer a flexible, hands on approach to learning. New friendships are formed with positive outcomes including enrolment on college courses, volunteering and full-time employment.

Craig said of the course *"I thought the Bishop's Forum was very cool, I would recommend it to my friends as it was really inspiring"*

Scott said of the same course *"I conquered loads of fears and got closer to friends and staff"*

The Sports Leader Award enables students to understand and transfer newly acquired activity skills into a delivery situation. It is at a suitable level for our clients and ideal duration to fit into the 12 week programme.

We are currently incorporating the Award into our 'Entry to Employment' programme which is a more advanced version of the Freestyle programme and aims specifically to engage 16-19 year olds back into employment.

If you would like any more information on either of these programmes or the Bishop's Forum then please contact Laurie Magowan on 01326 340912 or at laurie@bishopsforum.org.

Day certificate in sports leadership – Tuesday 8th July 2008
Bodmin Dragon centre
North Cornwall activities network in partnership with Cornwall sports partnership

The photographs below show police community support officers and teaching assistants from schools and PCSO's from neighbouring police station, engaging in delivering small sided activity.



Feedback:

“Enjoyable”

“Good as it was considering time”

“Really enjoyed it.... Yes I will be more confident”

“Delivery was friendly and informative...local to my workplace and easy access”

'Brain Friendly Learning'
&
Day Certificate in Sports Leadership

St Ives Leisure Centre
Friday 14th November 2008
Cassie Williams and Carol Julian

Aims of the Day

The main aim of the day was to give training to those adults who are not teachers, but run or would like to run after school clubs, within the St. Ives Cluster. The group included Teacher assistants, adults doing the teaching assistant NVQ, students who are Olympic Ambassadors, staff at the leisure centre and people who run the local boxing club.



Summary of the day

Introduction/expectations for the day.

Icebreakers were done to encourage group cohesion. These included autograph bingo and famous duos.

Good/bad leaders

The group watched a short clip of Kes DVD, which showed an example of a bad leader. Small groups then discussed and wrote qualities of a good and bad leader.

Different types of learners

Information was given regarding different types of learners (visual, audio, kinaesthetic.)

Cooperation games

These included a card game (teams worked to turn over, in order, playing cards from 1-12), disappearing circles (whole team stands inside hoops of decreasing size) and hoop game (team members hold hands and pass hoop around circle).

Controlling a group/considering different ways of communicating

Using a circuit situation, members of group stopped and started activities. Consideration was given to use of voice, using a whistle, body positioning, signals and eye contact.

Organising into groups

Small games/activities were done to show how to organise players into groups. These included grab a cone (when a colour cone is called, sit next to that colour), grab a group (when a number is called, get into groups of that number), lining up (in order of birthday month, first initial of surname, shoe size, etc.) and number hoop (a number and body part is called out, e.g. 3 left knees. Group members have to put the called number of body parts in each hoop.)

Using a whistle

The advantages of using of a whistle were discussed. Each group member blew a rhythm, the rest of the group copied rhythm.

Stop the game

A small-sided game was played. Each group member had to stop the game and add a rule. Consideration was given to how to obtain and maintain attention of the whole group (e.g. removing equipment, use of voice, visual aids and body positioning.) Groups then made up their own game using given equipment and taught it to rest of group.

Learning styles

Memory games were played in order for each person to consider their own preferred learning style.

Behaviour management

Discussions took place regarding praise, encouragement, sanctions and motivation.

Summary

Everyone then shared things that they had learnt and gained form the day and feedback forms were completed.

Conclusion

All the feedback forms were very positive. Everyone thoroughly enjoyed the day and felt that they had gained more confidence in leading sporting activities. Comments included:

"The course was excellent and good fun."

"I will put different techniques I've learnt into practice."

"I learnt that I can take control in group situations."

"Very good tuition"

"I learnt a lot of valuable tips."

"The course was very good, well presented, detailed and interesting."

"Very informative, very enjoyable and very friendly."

"Really enjoyed it and learnt a lot."

"The ladies were really hands on, joined in and kept it fun."

Carol Julian SSCO - St Ives