

### Content outline

This activity aims to develop planning and leadership skills to enable a young person to deliver a basic skill development activity, which includes progressions

- Communication
- Planning
- Problem solving
- Creativity



### Space

- Increase the playing area you are using (to make it harder)
- Decrease the playing area you are using (to make the task easier)
- If completing indoors, make sure the area is clear of trip hazards and any objects which could cause harm



### Task

- Add time limits to put participants under pressure
- Use very concise / simple instructions for any younger participants
- Include complex instructions to increase difficulty, such as reversing instructions (Eg. Instruction "Forward" means the opposite)
- Have a variety of ways to make your activity easier / more difficult so you can adapt accordingly



### Equipment

- Use different household items (Eg. cushion, small soft toy, items of clothing) to use during the activities
- Use larger equipment to make the task easier (eg. Larger targets, or use a larger ball)
- Could additional zones be added which could be used within your activity?



### People

- If you have other people in your house, ask them to be your participants to lead to
- Describe your activity a friend online – could they understand your activity?
- How can you adapt this activity for more people to take part?

### Learning intention

#### Physical:

- To plan and deliver a short skill development activity, which includes progressions

#### 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 progress your activity further to make it more challenging?
- How could you improve the activity you delivered?



This resource and supporting video have been created by:

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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