

8. Lunch Time Sport Leaders

Anthony Gell School; an 11-18 mixed comprehensive school based in Derbyshire. (East Midlands / SLIDACI: 5 / PLIDACI: 8)

What?

A critical barrier faced by schools is around the school workforce; particularly the limited staffing resource available for co-curricular activities. This challenge has a direct impact on the quantity of co-curricular clubs available at a school limiting the opportunity and choice of activity for young people.

So what?

A new initiative created by Anthony Gell School sought to resolve this barrier whilst providing the opportunity for young people to develop their leadership skills and confidence through physical activity. Lunch time sports leaders is a weekly co-curricular activity for students, led by students to provide physical activities for peers at lunchtime. With no specialised knowledge required from the supervisor, setting up a successful lunch time leaders club has encouraged targeted young people to be active whilst encouraging their development of life skills.

When students were asked if they felt more confident leading people and whether they'd developed leadership skills, some of the key responses were:



I have more confidence talking in front of people. Before I started coming to lunch time leaders, I used to be scared of talking to people in front of them because of all of the eyes...I'm still a bit scared but it's helped.



I think it's helped me develop my confidence in leading younger kids and just

experience with leading and being more confident with other people" and "ordering people to do things, not yelling at them, just asking them a few times and waiting until they do it and involving everyone (participants) and trying to keep everyone together.

Through the implementation of a student led co-curricular activity, students can develop social connections whilst engaging with their physical literacy skills. As a free of charge activity integrated into the school day, this activity is accessible to young people in a safe learning space. Students leading activities were also rewarded with the opportunity to represent their school at primary school sports event throughout the year where they can deliver sports activity, officiate, and involve themselves in the scoring and setting up of the sporting event.

Now what?

With this initiative in mind, secondary schools can consider the following:

1. Implementing a student led activity into the timetable to relieve specialised PE resource and promote leadership skills and confidence within the student population.
2. Reflect on the leadership opportunities that currently exist for students, and how these can be intentionally planned throughout a school year to support with provision.
3. Consider an informal approach to activity such as providing a range of equipment and encouraging students to create their own games.