

Year 10 – Spring Term

# Leadership



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When organizing a sports activity session, a number of factors need to be considered



Venue

Equipment

Timing

Supervision

Contingency

## TOPIC AREA 3

Safety Considerations when planning an activity session

### Risk Assessment



### Checking Equipment



### Emergency Procedures



### First Aid

### Meeting the demands of a group



### Intro/Cool-Down



### Warm-Up/Cool-Down



### Skill & Technique Development

## SPORT STUDIES R185

## Organisation of an Activity Session - Factors to Consider



**Safe Practice**  
Keeping all participants safe



**Timing**  
Planning the length of each part e.g. warm-up, progressive drills.



**Adaptability**  
Adapting to the requirements of the participants



**Reliability**  
For example, being punctual

## TOPIC AREA 4



After delivering your activity session, you must always consider:

- What went well?
- What did not go well?
- What could be improved for the future?



The evaluation of an activity session should enable more effective planning for future sessions.

## TOPIC AREA 5