

SPORT LEADERSHIP ACADEMY



DEVELOPING A YOUNG WORKFORCE
THROUGH SPORT AND EXERCISE

The Sports Leadership Academy is a programme that supports young people to develop their skills and experience in sports coaching and officiating. The programme is a partnership between Active Schools, Secondary Schools across Angus and Dundee and D&A College. The aim is to give young people from Dundee and Angus the opportunity to gain qualifications and practical coaching experience, enhancing skills for life and work. Through these partnerships we are able to offer these qualifications at a heavily discounted rate.

If you are a pupil in S3 or above (during the current academic year) and are interested in developing your leadership skills through sport, we would like to offer you the opportunity to apply for a range of sports coaching and physical activity courses.



Terms & conditions

- As part of the programme, you will be committed to volunteer for at least 10 hours.
- All applications to be received by [1st April 2024](#). Any applications received after this date will not be accepted.
- Where payment is required we will be in touch with parent contacts issuing an electronic payment link via our school communication system. All payments should be made by [31st May 2024](#) to secure a place on the course.
- You must be in S3 or above.
- School staff will not be present during the Sports Leadership Academy. Pupils will be supervised by Active Schools Coordinators, centre staff and course tutors.
- It is your responsibility to make your own travel arrangements to and from the venue. Pupils must report back to school when they are not taking part in a leadership course.
- As part of the Sports Leadership Academy, you are required to complete Scottish Disability Sport - Introduction to Inclusive Practice (E-Learning) prior to attendance at your selected course.

To apply:

Click here to apply online

or visit www.activeschoolsdundee.org.uk or at

Angus Active Schools to apply online.



Simply choose the courses that are of interest to you and complete the application form. Places are limited therefore please state clearly on your personal statement why you would like to be involved in the Sports Leadership Academy.

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Applications must be received by 1st April 2024

You will receive email notification week beginning

[15th April to confirm your place on a course.](#)

Copies of the information pack and application form can also be found on the Active Schools website:

www.activeschoolsdundee.org.uk

Course Descriptions

Certificated Courses: *These courses will allow you to gain recognised coaching qualifications and awards. There is likely to be an element of theory (classroom) work involved but all courses are designed to be interactive and a fun learning experience.*

Sport Specific

Athletics

Leading Athletics

Thursday 13th June, Gardyne Campus, Dundee

Description of the course:

This 3 hours Leading Athletics Workshop is available for club volunteers and school pupils (14+). Aimed at individuals looking to gain the skills to lead athletics activities to young athletes.

Minimum Age: 14+

Cost Per Candidate: £10

Certificated

Badminton

Badminton Basics

Wednesday 12th June, Craigie High School, Dundee

Description of the course:

Badminton Basics is a six hour course geared towards coaches with little or no badminton experience. It focuses on fun games for beginners, allowing participants to lead sessions at schools and assist more experienced coaches at clubs.

Candidates receive a certificate of attendance and a pack.

Minimum Age: 14+ **Cost Per Candidate:** £10 **Certificated**

Basketball

Basketball Fundamentals Course

Friday 21st June, Gardyne Campus, Dundee

Description of the course:

This is the first level of basketballscotland's formal coaching qualification pathway. It is a fun and interactive course designed for those who wish to commit to coaching basketball.

- Generic coaching skills
- Basketball-specific coaching skills
- Coach and performer/player development
- Health and Safety
- Working with parents
- Basic rules/laws of basketballs
- Demonstrate an ability to identify and adapt basketball activities and sessions for a variety of different age groups

Minimum Age: 16+ **Cost Per Candidate:** £10 **Certificated**

Boccia

Disability Awareness and Boccia Leaders Award

Tuesday 11th June, Gardyne Campus, Dundee

Description of the course:

This combined course is an introduction into inclusive practice on how to positively include people with physical, learning and sensory disabilities in a practical setting. The Boccia Leaders Award will provide coaches and volunteers with the knowledge, skills and confidence to introduce boccia to children, young people and adults with a wide range of abilities.

Minimum Age: 14+ **Cost Per Candidate:** Free **Certificated**

A pre-requisite to join this course is the completion of The Scottish Disability Sport: Introduction to inclusive practice e-learning. **Your local Active Schools Coordinator will support the completion of this module.**

Dance

Dance Leaders SCQF Level 5

Monday 10th June to Friday 14th June, Space, Dundee

Description of the course:

You will learn to:

- Develop leadership skills
- Plan, lead and evaluate dance sessions
- Assist in planning and leading a dance activity event
- Use of movement and music in dance choreography
- Lead dance activity

Minimum Age: 14+ **Cost Per Candidate:** £10 **Certificated**

Football

Football Level 1.1 Introduction to Coaching – Dundee: Thursday 13th June, Gardyne Campus

Description of the course:

The Introduction to Coaching course is the first step for new coaches to take prior to entering a specific pathway e.g. Children's, Main (Youth/Adult) or Goalkeeping. The course aims to develop a basic understanding of;

- The Scottish FA coach education pathway and the coach's learning journey
- Effective communication and player interaction to develop effective delivery
- The fundamental principles of a games-based approach to player development
- The role of the coach within the Coaching Process
- How to solve some common problems faced by the coach. Content delivered on the course includes;
- Theory (Introduction to Coaching, Benefits of a Games Based Approach & Challenges of the Coach) • Practical (Introductory Activities, Small Sided Games, Training Games)

Minimum Age: 16+ **Cost Per Candidate:** £20 **Certificated**

Pre-course requirements: To complete the online e-learning module for children's wellbeing. Sign up to SFA Live platform. This must be completed prior to you starting the course. Your Active Schools Coordinator will be in touch to organise this.

Football Referee Introductory Course – Monday 10th to Wednesday 12th June, Gardyne Campus, Dundee

Description of the course:

This course will outline the laws and regulations for association football. The course will involve classroom-based work as well as practical refereeing sessions. At the end of the course candidates will sit a classroom-based exam which will determine if you have passed the course.

If you are successful in passing the course, you will receive one year's free subscription to the Angus and Perthshire Referees Association, an official laws of the game book and access to paid referee work within Angus and Perthshire.

Minimum Age: 16+ **Cost Per Candidate:** £30 **Certificated**

Hockey

Hockey Leaders

Tuesday 18th June, Dawson Park, Dundee

Description of the course:

An introduction into coaching hockey, along with basic health and safety procedures, basic child protection procedures, and lesson planning. The first part of the day will consist of showing examples of basic drills within hockey. The second part of the day will involve creating a lesson plan for a ten minute session on a specific aspect of hockey (ie: tackling, shooting, etc), health and safety, and child protection. The third part of the day will allow the students to deliver their ten minute session. The final part of the day will allow the tutor to confirm if a student has passed or needs help.

Minimum Age: 14+ **Cost Per Candidate:** £10 **Certificated**

Netball

Netball On Your Whistle and Netball Leaders

Dundee: Tuesday 18th June, Gardyne Campus

Arbroath: Tuesday 11th June, Saltire Leisure Centre

Description of the course:

Netball on Your Whistle (Morning)

This course gives you an introduction to the netball rules and provides you with the basic tools needed to umpire a netball match. The qualification will allow you to umpire school matches up to but not including senior level. This course will give you the skills and experience to progress on to the C-Umpire course.

Netball Leaders (Afternoon)

After completing this course, the individual will be able to:

- Understand the fundamentals for primary school children
- Have knowledge on a range of drills and how to apply them
- Introduce netball specific skills
- Plan and deliver a session
- Confidently deliver to a group

Minimum Age: 14+

Cost Per Candidate: £10

Certificated

Rugby

Rugby Activators Course

Monday 17th June, Gardyne Campus

Description of the course:

The coaching essentials course aims to equip coaches with practical tools to enhance their coaching, covering 3 key areas:

How to create a positive and safe learning environment where all players are valued, and the aim is to provide high levels of activity, fun, and enjoyment.

Developing game understanding and skills through a game-based approach to training.

Developing individual players skills and techniques through a player centred approach.

The course also includes a tackle/contact safety session to ensure safe practice at all levels of the game, and to raise awareness of concussion protocols.

Attendees must sign up to SCRUMS prior to attending the course.

Minimum Age: 14+ **Cost Per Candidate:** Free **Certificated**

Generic Courses

One Day Emergency First Aid Qualification

Arbroath: Monday 10th June, Saltire Leisure Centre

Dundee: Tuesday 11th June, Gardyne Campus

Description of the course:

The content of this course provides basic lifesaving first aid and workplace health and safety regulations, covering the following:

- The role of the first aider
- Managing an emergency
- Health and safety (first aid) regulations
- Resuscitation (adult CPR)
- Communication and casualty care
- Seizures (adult)
- Bleeding (minor and severe)
- Burns
- Shock
- Unresponsive casualty
- Defibrillator pad placement
- Choking (adult)
- Defibrillator prompts and how to respond

Minimum Age: 16+

Cost Per Candidate: £30

Certified

NPLQ Lifeguard Qualification

Monday 17th - Friday 21st June (5 day course), Gardyne Campus

Description of the course:

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pools. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification.

- As mentioned above, there is a prerequisite to be a competent swimmer. Please speak to your Active Schools Coordinator or PE department to arrange an assessment to ensure you have the ability to complete the course.
- You will also be required to attend an assessment to complete the course. This should be completed on the last day of the course (Friday 21st June). If you do not complete this assessment you will fail the course. The assessment pool will be the pool you have trained in for the week.

Minimum Age: 16+

Cost Per Candidate: £100

Certificated

Introduction to Coaching Children

Friday 14th June, Gardyne Campus

Description of the course:

The introduction to coaching children workshop has been designed to support new coaches, volunteers, students, young leaders parents and teachers who are working with children aged between 5-12. This course is perfect for anyone new to coaching and looking to start their coaching journey.

Learners will gain an understanding of:

- The key principles that influence all-round development of the basic movement skills and physical literacy.
- A holistic approach to child development and the development of the whole child through sport.
- How to develop basic multi-skills.

Workshop Outcomes:

- Take a person-centred approach to positively impact the health and wellbeing of children through sport and physical activity.
- Support children to develop positive behaviours through play, physical activity and sport so they can thrive.
- Offer children the best start through positive, purposeful experiences so they become competent and confident movers.
- Encourage lifelong participation/sport for life.

Important: This course is for beginner coaches. If you have experience of coaching this may not be a suitable course for you.

Minimum Age: 14+

Cost Per Candidate: Free

Certificated

Paddlesports Experience

**Wednesday 12th, Thursday 13th, Monday 17th & Tuesday 18th June
(students attend all 4 days), Monikie Country Park & Forfar Loch**

Description of the course:

This 4-day course will include Open Canoeing, Kayaking and Stand Up Paddleboarding. Taking place at local venues such as Monikie Country Park and Forfar Loch the course will offer the opportunity to gain the technical awards of Paddle Start, Paddle Discover, or Paddle Explore. These are personal performance awards, student can only gain one of these awards but can progress to the next if they are ready to do so with Explore being the top award. Day 4 will include an excursion to experience a river trip.

This course is suited to those with any paddlesport experience and/or a desire to work in the Outdoor Activity industry in the future.

Minimum Age: 14+ **Cost Per Candidate:** £75 **Non-Certificated**

Watersports Powerboat Handling Level 1&2

**Monday 10th and Friday 21st June (students attend both days)
Monikie Country Park, Nr Monifieth, Angus**

Description of the course:

This 2-day course will deliver the awards of Level 1 or Level 2 Powerboat Handling, should students meet the required standard at the end of the course. The Level 2 Award is the basic requirement for any outdoor water sports instructor and allows for the operation of the 'safety boat' during any outdoor session on open water. Gaining this award has the potential to lead to employment opportunities in the outdoor activity sector.

Minimum Age: 14+ **Cost Per Candidate:** £85 **Non-Certificated**

Health Walk Leader Training

Monday 10th June, Gardyne Campus

Description of the course:

'It could be argued that walking is the nearest thing to perfect exercise, as it's free and can be done by almost anyone, anytime. Our increasingly sedentary lifestyle means we are far less active as a nation than we used to be, or need to be for our physical, social and mental wellbeing.'

'Health Walks are short, low level walks led by trained Health Walk Leaders, using risk assessed routes, with a focus on making them as inclusive as possible.'

'Candidates will be provided with the skills to run Health Walks within the school setting, for focussed groups of young people.'

Minimum Age: 14+ **Cost Per Candidate:** Free **Non-Certificated**

Sports Leadership Academy Week 1: Arbroath Campus Timetable (Saltire Centre)

Course	Venue	Time
Monday 10th June		
Emergency First Aid	Classroom (Saltire G2) and Games Hall	9am - 4pm
Watersports Powerboat Handling Day 1	Monikie Country Park	9am - 4pm
Tuesday 11th June		
Netball on your whistle and Netball Leaders	Games Hall, Classroom	9am - 5pm
Wednesday 12th June		
Paddlesports Experience Day 1	Monikie Country Park/Forfar Loch	9am - 4pm
Thursday 13th June		
Paddlesports Experience Day 2	Monikie Country Park/Forfar Loch	9am - 4pm

Sports Leadership Academy Week 2: Arbroath Campus Timetable (Saltire Centre)

Course	Venue	Time
Monday 17th June		
Paddlesports Experience Day 3	Monikie Country Park/Forfar Loch	9am - 4pm
Tuesday 18th June		
Paddlesports Experience Day 4	Monikie Country Park/Forfar Loch	9am - 4pm
Friday 21st June		
Watersports Powerboat Handling Day 2	Monikie Country Park	9am - 4pm

To sign up to a course visit: activeschoolsdundee.org.uk

Sports Leadership Academy Week 1: Dundee Campus Timetable (Gardyne)

Course	Venue	Time
Monday 10th June		
Dance Leaders SCQF Level 5 Day 1	D&AC, Kingsway Campus, Dundee (Space)	9am – 4pm
Football Refereeing	Pitch and Classroom	10am – 4pm
Health Walk Leader	Classroom and Outside Space	9.30am – 1pm
Tuesday 11th June		
Dance Leaders SCQF Level 5 Day 2	D&AC, Kingsway Campus, Dundee (Space)	9am – 4pm
Football Refereeing	Pitch and Classroom	10am – 4pm
Disability Awareness Training and Boccia Leaders	ICT Rm & Gym 3	9.30am – 3pm
Emergency First Aid	Classroom	9am – 4pm
Wednesday 12th June		
Dance Leaders SCQF Level 5 Day 3	D&AC, Kingsway Campus, Dundee (Space)	9am – 4pm
Football Refereeing	Pitch and Classroom	10am – 4pm
Badminton Basics	Games Hall Craigie High School	10am – 3pm
Thursday 13th June		
Dance Leaders SCQF Level 5 Day 4	D&AC, Kingsway Campus, Dundee (Space)	9am – 4pm
Leading Athletics	Gym 2	10am – 1pm
Introduction to Coaching 1.1	Gardyne – pitch 2 and NA21	10am – 3pm
Friday 14th June		
Dance Leaders SCQF Level 5 Day 5	D&AC, Kingsway Campus, Dundee (Space)	9am – 4pm
Introduction to Coaching Children Workshop	Gardyne – Gym 3	10am – 1pm

To sign up to a course visit: activeschoolsdundee.org.uk

Sports Leadership Academy Week 2: Dundee Campus Timetable (Gardyne)

Course	Venue	Time
Monday 17th June		
NPLQ Day 1	Gardyne Pool	9am – 5pm
Rugby Activators	Rugby Pitch (football pitch 2) + Classroom (NA21)	10am – 4pm
Tuesday 18th June		
NPLQ Day 2	Gardyne Pool	9am – 5pm
Hockey Leaders	Dawson Park	10am – 2pm
Netball on your whistle and Netball Leaders	Games Hall	9am – 5pm
Wednesday 19th June		
NPLQ Day 3	Gardyne Pool	9am – 5pm
Thursday 20th June		
NPLQ Day 4	Gardyne Pool	9am – 5pm
Friday 21st June		
NPLQ Day 5	Gardyne Pool	9am – 5pm
Basketball Fundamentals	Games Hall and Classroom	9am – 4pm

To sign up to a course visit: activeschoolsdundee.org.uk



Angus Active Schools



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