

Young Ambassador Scheme

The Singapore promise 2005:

London made a promise to the world that showed the commitment from London to use the power of the Games to inspire millions of Young People to choose sport

Young Ambassador Scheme

Introduced to Wales in 2009 with the following outcomes:

- ✓ Increase healthy lifestyles and participation in physical activity in their school.
- ✓ To promote the positive values of sport in and through sport
- ✓ To be an ambassador and role-model advocating PE and school sport
- ✓ To be the young person's voice on PE and school sport in our schools and communities
- ✓ Bring the inspiration of major sporting events to schools and communities e.g. London 2012, Glasgow 2014
- ✓ To get every child hooked on sport for life!

Young Ambassador roles

PLATINUM (MENTOR)

Set and lead the YA movement in your local area

Plan the year with your teacher and Gold YAs

Your role in your area:

- 1.To promote London 2012 and the Get Set network
- 2.To use the inspiration of the Olympic and Paralympic Games to increase participation in sport and healthy active lifestyles
- 3.To train and mentor new Young Ambassadors in the local area
- 4.To promote the YA movement in the local area.

GOLD

Plan the year with your teacher and Platinum YAs

Your role in your area:

- 1.To represent and work across the local area
- 2.To use the inspiration of the Olympic and Paralympic Games to increase participation in sport and healthy active lifestyles
- 3.To raise the profile and understanding of the Olympic and Paralympic Values
- 4.To promote London 2012 and the Get Set network

adistars

Learn how to be an adiStar YA at the local training day/conference

Your role in your area:

- 1.To support adidas' involvement in London 2012
- 2.To promote London 2012 and the Get Set network
- 3.To be a role model for the Olympic and Paralympic Values

BRONZE

Learn how to be a Bronze YA with the support from other YAs

Your role in your area:

- 1.To use the inspiration of the Olympic and Paralympic Games to increase participation in sport and healthy active lifestyles
- 2.To promote London 2012 and the Get Set network
- 3.To be a role model for the Olympic and Paralympic Values

Bronze Training

What Qualities does a bronze ambassador need?

What can they do?

Bronze Qualities

- ✓ Ability to influence and inspire other young people
- ✓ Ability to lead and manage other young leaders
- ✓ Excellent communication skills with other young people and adults
- ✓ Ability to show initiative and take responsibility
- ✓ Ability to portray a positive image and be a good role model to young people
- ✓ Organised, with good time management skills

Bronze What can they do?

- ✓ Be a voice for sport- promote sport
- ✓ Run their own lunchtime club
- ✓ Help out in PE / After school clubs
- ✓ Arrange taster sessions
- ✓ Festivals- sign up / create own
- ✓ Trips / visits
- ✓ Anything to inspire more people to be active
- ✓ Be a good role model

Bronze Training

Training plan: Meet 9:45am LC- Finish- 2pm

Swansea SD- Introduction

UWTSD STUDENTS- Ice Breakers x2 -What? Research 1 each

Joint- What is a young ambassador? What are the qualities of a good leader? (students to help guide groups to an answer)

Lunch

UWTSD- STEP Principle- practical demonstration (EDD)

Space- Tagging game

Task- Something to hard

Demonstrations of

Equipment- Inappropriate

what to consider

People- How to pick teams / why

Individual Task



Research
1 ice breaker

Best 4 to be
chosen

Feedback



Morriston Primary @Morristonps · 6d ✓

Three of our pupils had a brilliant day today @LCSwanea completing their Bronze Young Ambassador training. Diolch yn fawr @Sport_CCS
#Morsphealthyiving #morsppse
#morspwelbeing #antibullyingweek2018



Afternoon

Just a quick email as the team have just got back from YA training. The team said your students were fab, did a really good job at engaging with the children. Thanks for your support with the training.

See you soon.
Helen



Cyngor **Abertawe**
Swanea Council

What is technique?



The ability to perform a physical task

What is skill?



The ability to perform a task in a game setting / under pressure



Can you teach the mechanics of the technique and transfer these into a fun game to develop skill.

Keep **feeding back** on the mechanics **to the players**- Options

- 1- Group feedback highlight a positive**
- 2- 1-2-1 feedback and coaching**
- 3- Coaching process**

Dealing with large groups

Points to consider:

- 1- Can they all work in pairs to practice a skill safely in the space
- 2- Where possible split the group into 2 / 3 working groups
- 3- Is the space suitable for a large game
- 4- Change games are good for small sided games
- 5- Peer review and feedback can help non doers stay focused and out of trouble
- 6- Teamwork is crucial
- 7- Good planning will be the key to success



Practical at LC

11:30am meet

Demonstrate the STEP principle-

Space

Task

Equipment

People

Demonstration of activities / games to use with Trallwm and Lon Las with a whole – technique / skill practice – whole delivery

Kicking

Throwing

Catching

Games in the booklet

Plan → Christmas

Friday November 8th -

Hand in 2 lesson plans with 4c's and reflection must be Penllergaer, Brynmill or Camp

Monday 11th November-

Bya Training 9:45am LC

Monday 18th November-

9am lecture and Trallwm

Monday 25th November-

9am Lecture and Lon Las

Monday 2nd December-

9am lecture Olcfa advanced session

Monday 9th December-

9am support and LC catch up

Friday 13th December-

Hand in date for assignment and 3 plans

