



# WELSH BACCALAUREATE Advanced

Community Challenge  
Colegau Cymru  
Community Sports Team



**Available for assessment from September 2015**

## Community Sports Team

### PURPOSE

The purpose of the Community Challenge is to develop learners' skills, whilst encouraging learners to identify, develop and participate in opportunities that will benefit a community. During the Community Challenge learners will explicitly develop skills of **Planning and Organisation** and **Personal Effectiveness** and apply them in an appropriate manner.

### BRIEF

In this Challenge you will be given the opportunity to make a positive contribution to the local community. You will focus on real-life concerns and needs whilst engaging in activities which aim to make a real difference. The Community Challenge should provide experiences that help you understand what it means to be an active citizen. The challenge should enable you to develop as effective and responsible members of the community. In completing the Community Challenge you will be able to recognise the contributions you can make towards improving the community and the benefits this will have for you, for others and for the environment. Where appropriate, you will be able to demonstrate independence, responsibility and an ability to work well with others.



Taking part in a sport or leisure activity is a great way to meet new people, have fun and stay healthy. Participation in sport has many benefits for individuals and society. Regular physical activity:

- helps reduce body fat
- strengthens bones
- improves coordination, balance and flexibility
- boosts stamina and concentration
- helps fight depression and anxiety



Community sports teams can therefore make an important contribution to the welfare of adults and young people in a community. Most community sports teams are run by volunteers and welcome any help or support from additional volunteer coaches to support the development of these teams. Being able to transfer your knowledge, understanding and skills to others is the essence of coaching. This process can help others develop their skills, confidence and understanding whilst achieving their personal goals.

Using the skills, knowledge and understanding that you have developed, identify an opportunity for a specific group of people in the community to help further develop their knowledge, understanding and enjoyment of participating in a sports team.

You must actively engage and demonstrate commitment over a minimum of **30 hours** and **at least 4 weeks** to develop these opportunities for the specified group in the community in your selected sport, providing advice and support, to encourage further understanding, development and enjoyment of participating in the identified activity. Consideration must be given to the requirements of the challenge with regards to skills, resources, health and safety and needs of the community.