



WELSH BACCALAUREATE

Key Stage 4

National/Foundation

Community Challenge

Sports Wales, Sports Leaders and
Youth Sports Trust
Silver Young Ambassadors



Available for assessment from January 2018

Participation in Physical Activity – Silver Young Ambassadors

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 the 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

The **Young Ambassador** programme empowers and inspires young people to become role models and leaders, whilst developing their confidence and skills to be able to make a difference in their schools and communities.

All Young Ambassadors aim to:

- 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
- To get every child hooked on sport for life



The purpose of this challenge is to increase participation in physical activity in your school or local community. This challenge will give you the opportunity to work as an individual or as a team (3-6 members) with other Young Ambassadors and Sports leaders in your school and community. You will be required to plan and organise a minimum of **10 hours** worth of activity that has a positive impact on participation in physical activity.

The events or sessions which you organise need to offer new or improve on existing physical activity or leadership opportunities for other young people. The **Young Ambassador** regional and local conferences, training days and your **Sports Leaders** experience will give you the necessary skills to undertake this challenge.

Coaching structure could be:

- a) Preparation for coaching sessions (2 hours maximum)
- b) Coaching sessions (8 hours)
- c) Feedback

Example of coaching activities:

- a) Preparation of worksheets and area of work
- b) Coaching sessions to include a variety of activities
- c) Provide feedback on how participants can improve and progress

It is important to remember that as a Young Ambassador, you are an advocate for PE and school sport. Most importantly you are the young person's voice and must make sure that the work you do represents the needs of the learners and community. Such activities could include clubs, festivals, transition activities, etc. You must keep a record of what, who, where, when and how you have delivered your activities. On completion of the activities you will evaluate your performance identifying strengths and areas for improvement.

All activities you plan and organise require the young persons voice to influence the activities.

RESOURCES

Support materials and further information on the challenge –

<http://sport.wales/community-sport/education/young-ambassadors/welsh-baccalaureate-ks4.aspx>

CONTACT DETAILS

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