



WELSH BACCALAUREATE

Key Stage 4

National/Foundation

Community Challenge

Young Ambassadors – Social Welfare



Physical Literacy Programme for Schools



Available for assessment from January 2018

Participation in Physical Activity

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 aims to empower and inspire young people to become role models and leaders, developing their confidence and skills, in order to impact on the physical health and well-being of their school, and community. This challenge is suitable for individuals who want to make a difference within their school and community. 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 a team member with other Young Ambassadors and Sports leaders in your school and community (3-6 members). You will be required to plan and organise a minimum of **10 hours** worth of activity that has a positive impact participation in physical activity.



The events or sessions which you organise in your local community need to offer new physical activity or leadership opportunities for other Young People. The Young Ambassador Conferences, Physical Literacy Programme and your Sports Leaders experience will give you the necessary training and 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 person's voice to influence the activities.

RESOURCES

Guidance notes, support materials and further information on the challenge -

<http://sport.wales/community-sport/education/young-ambassadors/resources/welsh-bac-resources---social-welfare-challenge.aspx>

CONTACT DETAILS

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