

## KS4 Leadership Curriculum Summary

<b>Name of unit</b>	<b>Leadership</b>
<b>Why do we study this unit?</b>	Leadership helps pupils to gain the skills and qualities needed to become positive influences around school peers. It is excellent for developing fundamental skills in communication, confidence, integrity and positivity. Leadership will stimulate social skills used in everyday life.
<b>By the end of the unit, students will be able to....</b>	Plan and implement their own training programmes suitable for their training goals. They will understand the key principles related to programme design and modification.
<b>Links to previous units</b>	
<b>Key vocabulary</b>	Communication, empathy, organisation, positivity, motivation
<b>Week and summary topic</b>	<b>Knowledge and skills learned</b>
<b>1: Skill</b>	Skills and qualities of effective leadership
<b>2: Rules</b>	3 part lesson plan – design and implementation
<b>4: Plan Considerations</b>	Warm up, skill development, skill progression, conditioned game, cool down
<b>5: Success Criteria</b>	Safe and effective practice, enjoyment and participation