

**Role of Sport in Promoting Values** - Values are principles or standards of behaviour that are judged to be of importance.

Sport encourages:

- 1. Team Spirit:** Sport encourages working together with other individuals towards a common goal. *i.e. winning a match.*
- 2. Fair Play:** Learning the importance of adhering to rules and being fair to others can be achieved through playing sport.
- 3. Citizenship:** Sport creates a feeling of belonging and helps to create/maintain pride in surroundings and a desire to be socially responsible.
- 4. Tolerance and Respect:** This is needed in order to cooperate and get on with other people. Developing an understanding of other people, countries and cultures.
- 5. Inclusion:** Everyone has differing abilities/needs and society should accommodate these as best it can.
- 6. Excellence:** Sport creates opportunity for individuals to strive to be the best they can be.
- 7. National Pride:** Fosters positive self image, pride in achievements and surroundings. Supporters unite behind the country/team. *i.e. World Cup 2018 and England.*



**The Olympic and Paralympic Movement** – Held once every **four** years in a host city.

Modern Olympic Games begun in 1896.

The Olympic games was developed by **Baron Pierre de Coubertin**. He believed in a healthy/balanced mind and body and encouraging performers to strive to do their best.

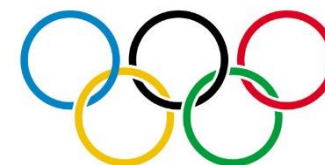


The Olympic creed (message) was as follows:  
*"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well"*

The Olympic Games symbol - Five interlocking rings of the same size which represents the union of the five continents.

Values:

- **Friendship**
- **Excellence**
- **Respect**
- **Determination**
- **Inspiration**
- **Courage**
- **Equality**



**Other Initiatives to Promote Values** – Campaigns can be used to instil values amongst children and adults. Examples are:



**Football for Hope** campaign launched by **FIFA** – Encourages social projects for disadvantaged groups.



**Chance to Shine** programme from the **England Cricket Board (ECB)** – Aims to continue the development of cricket in schools especially those in inner-cities.



**Sport Relief** – This is run every two years and encourages the public to get active and raise money for vulnerable people.



**Creating Chances** from the **Premier League** – Works with local communities address education, health, cohesion and participation.



**This Girl Can** programme launched by **Sport England** and funded by the **National Lottery**. Promotes women taking part in physical activity irrespective of shape or size.

Initiative	Barrier
Kick it Out	Racism
Respect Campaign	Abuse of referees in football
Back to Netball	Age

**The importance of hosting major sporting events** - In all major sports a regular competition is held to determine the world champion. Features of this include:

**1. Regularity/Scheduling** - Major sporting events around the world repeat regularly and follow a planned schedule set by a committee.

These events may be:

- **One off events** – Olympic and Paralympic Games are hosted by a given city/country. *i.e. London 1948 and 2012*
- **Regular events** – This can be annual, biennial or every four years. *i.e. The UEFA Champions League Final is an annual event hosted by a given City.*
- **Regular and recurring events** – These events are periodically repeated every year in the same venue. *i.e. Wimbledon, Grand Prix or FA Cup Final.*



**2. International element** - Major sporting events involve athletes from more than one country and is the highest standard of competition. This generates huge interest from supporters and media around the world.

**3. Level of investment** - Significant amount of investment is required for the event to be a success. *i.e. London 2012 Olympic Games cost around £12 billion*

**4. Attraction of funding** - Major brands contribute to the cost of hosting a games through sponsorship. *i.e. Visa, Coca-Cola*

The potential **legacy** left behind after hosting a global event includes:

- Sporting legacy
- Social legacy
- Economic legacy

#### **Sporting legacy:**

1. Raises the profile of the sport and leads to more participating and watching.
2. New and regenerated sporting venues which leave a positive legacy for years after.
3. Minority sports and Paralympic sports get exposure.
4. Increased funding to ensure host nation do well.
5. Increased revenue for the NGB's for each sport.

#### **Social legacy:**

1. More money brought into the city to be used to support public services.
2. Generates a sense of national pride.
3. Improve transport or city infra-structure.
4. Regeneration of the area – Help poorer areas with housing and facilities.

#### **Economic legacy:**

1. Boost in tourism and income into the country.
2. More jobs are created.
3. Increased sale of goods both event and non-event related.









Staging a global event has **benefits and drawbacks** for the **host City/Country**:

Benefits	Drawbacks
Investment and development of transport system/infrastructure.	Bidding for the event is expensive and not a guarantee to be awarded it.
Increased tourism	Host can be left with a deficit.
National pride increased	Facilities can end up empty and unused.
Participation rates increase.	Negative reputation if run poorly.
Commercial benefits – money from sponsors and external investment.	Focus on hosting the event can cause a consequence to other services.

Many of the benefits and drawbacks can be linked to the **sporting, social and economic legacies**.

Benefits/Drawback	Legacy linked to
Increase in tourism and revenue.	Social + Economic
Generates a sense of national pride.	Social
Improve transport/city infra-structure/facilities available.	Sporting + Social
More individuals engaging in sport as a result of the major event.	Sporting + Social
More jobs are created.	Social + Economic

**The Role of National Governing Bodies (NGBs)** – Independent organisation responsible for the governing and management of a sport.

Football	Rugby	Athletics	Cycling	Netball	Gymnastics
<i>The Football Association</i> 	<i>Rugby Football Union</i> 	<i>UK Athletics</i> 	<i>British Cycling</i> 	<i>England Netball</i> 	<i>British Gymnastics</i> 

### Promotion:

- NGB's aim to increase **popularity** of the sport with school schemes and through **media exposure** and public relations events.
- NGBs will also **promote participation** from grass roots up to identifying and nurturing young elite sporting talent.



### Development:

NGB's will oversee:

- Elite training and performer development** – focus on National Team squads performance.
- Coaching developments** – NGB's all run awards for aspiring coaches from Level 1 to professional licenses.
- Training of officials** – Young leaders awards are often the beginning of a career as a referee.



### Infrastructure:

NGB's will maintain the infrastructure of the sport by **organising and running competitions** and tournaments. This creates high profile opportunities for athletes to perform.

In addition NGB's will::

- Enforce the **rules** and undertake **disciplinary procedures**.
- Provide a **vision and strategic direction**.
- Produce **guidance materials** for members
- Assist with **facility developments**.



### Policies and Initiatives:

- Oversee **anti-doping policies**. This involves regularly reviewing the list of banned substances.
- Promote fair play** and conduct **educational programmes**.
- Develop **community links** and opportunities.
- Update members with information and guidance on **safeguarding**.



### Funding:

Decisions will be made on how funding is spent across key areas of the organisation.

Income is received from:

- Grants
- Membership
- Subscriptions/match fees
- Lottery funding
- Media/sponsorship monies
- Merchandising
- Events
- Private investment and donations



### Support:

Ultimately, all aspects of a player, coach and officials development should be catered for. This can be through website or administration teams.

Support can also include:

- Technical advice** regarding equipment and playing surfaces.
- Location and contact details for local clubs and foundation stage opportunities.



Think.Pair.Share - Do you think NGBs do enough for their sport? What could they do to increase their profile? <https://www.sportengland.org/our-work/national-governing-bodies/> for more information on their partnership with Sport England.



## Captains

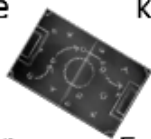
Help to make decisions for their team and influence and motivate people around them.

A good captain will listen to the viewpoints of others but will make decisions when required.

## Coaches

Coaches can work on a 1-1 basis or may coach large groups. Their leadership role is to guide and help performers to reach their potential.

Coaches usually have official coaching qualifications.



## Managers

Help to manage the processes and procedures, tactics and strategies that a team or sports performer uses. In football, managers play a key role and have many media duties to fulfill.

## Expedition leaders

Expedition leaders may well hold responsibilities for the group they are leading, such as guiding them down a mountain. An example would be someone leading an activity for the Duke of Edinburgh award.



## Teachers

Are in a position of authority and have the opportunity to lead and guide those they are teaching. PE teachers often lead extra-curricular sports teams.

## Role models

Role models can be positive or negative. Sports men and women, managers and PE teachers can all be role models. Sports people should act as positive role models, however this does not always happen.

## Knowledge of activity

Any sporting leader must fully understand the rules. Sports leaders should understand how to plan appropriate training sessions.

## Enthusiasm for activity

A sports leader has to show an appropriate amount of motivation and enthusiasm for the activity. An uninterested sports leader is unlikely to get the best out of their group.

## Role-related responsibilities

## Knowledge of safety

Sports leaders should have knowledge of:

- How to reduce risks.
- What clothing and footwear is appropriate.
- The techniques to be used.
- What equipment is deemed safe.

## Knowledge of child protection

Children should feel safe and supported when playing sport. Coaches and teachers, for example, have to have a DBS check before coaching children.

## Knowledge of basic first aid

Sports leaders often attend first aid courses so they know what to do if someone gets injured.



# Sports Leadership

OCR Sport  
Studies

## Personal qualities that relate to leadership roles

Reliability

Resilience

Knowledge

Charisma

Communication

Punctuality

Creativity

Confidence

Fairness

## Leadership styles

Leadership styles are the way in which people lead. The three main styles of leadership are:

### Democratic

Democratic leaders consult the group when making decisions. They are willing to listen to the viewpoint of others and are not hasty in decision making.

Democratic leaders can be very important when there is team unrest and people want their opinions to be heard.

- + - Makes people feel part of the decision making process
- Lets others feel that their opinion is valued
- Makes use of good ideas from others
- Can be very slow to come to a decision
- Confusion as to who the leader is
- Can undermine the authority of the leader

### Autocratic

Autocratic leaders do not value the opinion of others. They do not welcome suggestions or ask for opinions. They are the sole leader and therefore make all the decisions. This can be useful if there are safety concerns. For example if a PE teacher is leading a lesson on javelin.

- + - Quick decisions can be made
- Everyone knows who is in charge
- Leadership is clear
- Can cause others to resent the leader
- Others do not feel that their opinion matters
- Can lead to unrest and resentment towards the leader as they are perceived to be bossy

### Laissez-faire

This is a leadership style where the leader does not intervene and allows the activity to follow its own, natural course. It can be very useful when a group is working really well, and when intervention may disrupt or distract them.

- + - Creates an atmosphere of no stress or pressure
- Gives opportunities for those who want to lead
- Can be very slow to come to a decision or none is made
- No one really knows who is in charge
- Can result in a lack of direction or purpose

## Key considerations when planning sports activity sessions

### Objectives for the session

The objectives of the session are what you hope to achieve. When designing objectives they must be about meeting the needs of the group. Objectives cannot be too ambitious but equally should be challenging enough.



### Supervision needs

When considering the supervision needs of a session you should consider:

- Is there anyone in the session who will need additional help?
- How many participants do I have?
- Will I need additional leaders to assist me?



### Basic warm-up/cool down

A warm-up should include; a pulse raising activity, stretches and familiarisation of skill-based activities.

A cool down should gradually reduce the pulse and breathing rate and should include stretches to reduce muscle soreness.



### Equipment needs

The equipment needs of the session should be considered. Equipment may include fixed equipment or portable equipment. Some age ranges can only use certain weights or sizes of equipment so this should be checked in advance.



### Appropriate venue

The chosen venue for a sports session should be safe, suitably equipped and appropriate to meet the set objective. For example if the session objective is linked to shooting in basketball, there needs to be a hoop.



### Timing of activities

When deciding how long to spend on each activity, you should consider the following:

- An appropriate amount of time for the age range
- The experience level of the group
- The fitness levels of the group
- The weather and conditions

