

# PAL STUDENT LEADERSHIP DAY

***You are invited...***

**WHEN: Tuesday 28 Feb 2012 9.30am–2.00pm**

**WHERE: SBS Events Centre, Morgans Rd, Timaru**

## **Purpose of the Day:**

- To develop student skill in delivering sport & physical activity experiences to others in the playground.
- To introduce new games & ideas to students.
- To inspire students and motivate them to become positive physical activity role models for others.

## **Students will:**

1. Learn new games and activities to teach others.
2. Practice good game management skills.
3. Have time to share and plan sessions.
4. Learn about leadership, communication and working together.

## **Who's invited?**

☺ Sport and Physical Activity Leaders for 2012, accompanied by a support teacher.

**Please select students who will best be able to share their learning with others on their return to school.**

☺ **It is important that all students are accompanied by the teacher who will support them when they return to school enthusiastic and eager to help others get active!**

☺ **Please note, spaces are strictly limited to 80 students and will be allocated on a first come, first served basis dependant on demand. If registrations exceed 80, the first 5 students on your list will get preference.**

### Action required:

- Register names and number of students attending **by Wednesday 22 Feb.** Either email [lee@sportcanterbury.org.nz](mailto:lee@sportcanterbury.org.nz) or complete the attached form and fax to 03 686 0752.
- **You may register up to 10 students, with your allocation above 5 to be confirmed as numbers allow.**
- Invite BOT members, parents or others from the community who may be able to support your lunchtime sport & physical activity initiatives.

### On the day:

- Arrive at the SBS Events Centre before 9.30am if possible so we can start on time.
- Bring –
  1. a healthy nutritious lunch
  2. a water bottle
  3. comfortable clothes suitable for indoor & outdoor physical activities (including a jacket & sunhat)
  4. lots of energy and a BIG SMILE ☺

### You will leave with:

- New games and other ideas for simple, fun activity sessions at your school.
- Students enthused about delivering sport & physical activity sessions at your school.

## Programme

TIME	PROGRAMME
9:30–9.45	Introductions & energy break – (FOOD ☺)
9:45-10:30	Workshops – 1 <sup>st</sup> rotation (groups) <ol style="list-style-type: none"><li>1. Refereeing Refresher</li><li>2. Changing It UP</li><li>3. Action Packed Games</li><li>4. Indoor Games</li></ol>
10:30-11:15	Workshops – 2 <sup>nd</sup> rotation
11:15-11:45	LUNCH – indoor court areas/outside
11.45-12:30	Workshops – 3 <sup>rd</sup> rotation
12:30-1:15	Workshops – 4 <sup>th</sup> rotation
1:15-1:45	Planning a session – Lounge (whole group)
1:45-2:00	Evaluation and farewell
<b>Teacher networking session included within the day!</b>	

**Cost:** \$15.00 per school (your school will be invoiced)