



Lesson Plan: Sport and Leisure

Time required for this lesson
60 minutes

Aim of the lesson

To introduce students to the Sport and Leisure occupational sector.

Learning outcomes

By the end of this lesson students should:

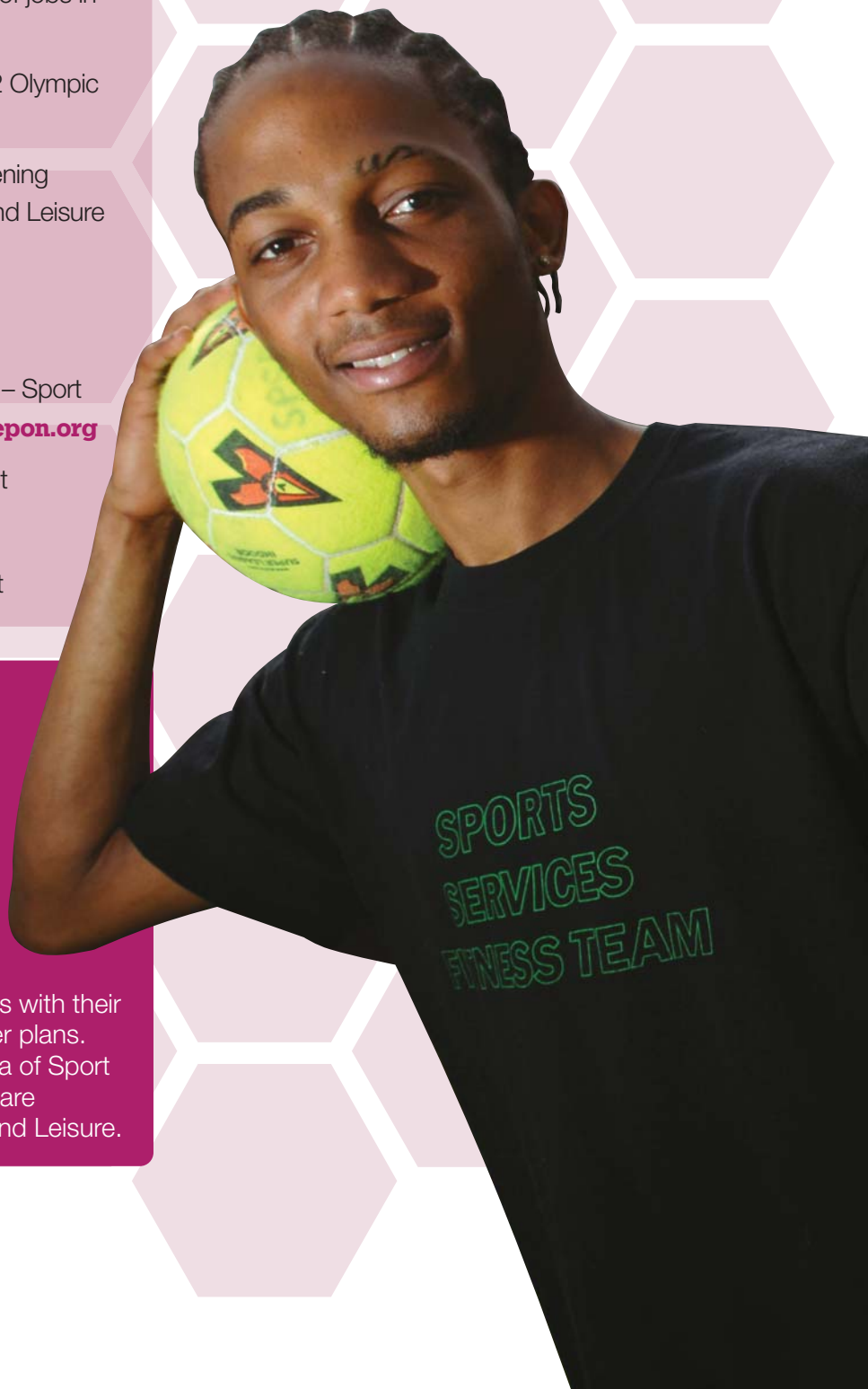
- have a greater understanding of the range of jobs in the Sport and Leisure occupational area
- have thought about the impact of the 2012 Olympic Games on the Sport and Leisure Industry
- have a greater awareness of what is happening nationally and locally in the area of Sport and Leisure

Resources required for this lesson

- Working in Essex, Southend and Thurrock – Sport and Leisure' leaflet obtained from www.stepon.org
- Top and Tail Worksheet and Answer Sheet
- Who Am I? Worksheet
- Sport and Leisure Quiz and Answer Sheet

Introduction

Explain to the students that this collection of labour market leaflets has been produced by Connexions and the Learning and Skills Council. It is intended to be used as an information, advice and guidance resource to help them understand more about the trends in the labour market in Essex and to support the introduction of the new 14-19 Diplomas. Its ultimate aim is to help students with their decision-making regarding their future career plans. This lesson is all about the occupational area of Sport and Leisure and can support students who are thinking about doing the Diploma in Sport and Leisure.



Activity 1

Top and Tail Exercise (5 minutes) Worksheet: Top and Tail Exercise and Answer Sheet

On the worksheet you will see a list of well-known sports people and a list of different sports. The aim of this exercise is to get students to link the sports person to the sport.

You can give this information to the students in a number of ways. They could be given a copy of the worksheet or you could project the worksheet onto a screen and get the students to call out the answers. Alternatively you could put the names of the sports and sports people up around the room and get the students to look around the room and link them together or you could get 22 people from the group to walk around the room each displaying either the name of a sports person or a sport on their back and they have to join together when they get the right match.

Once the students have linked the sports people to the sport have a discussion about what they think made these people successful in their chosen sport, for example dedication, fitness, motivation. Ask if any of the students are interested in working in the area of Sports and Leisure and talk about the range of jobs that they are considering.

Activity 2

Who am I? (10 minutes) Worksheet: Who am I?

Ask for six volunteer from the class. Give each of the volunteers one of the Who Am I? jobs. These are all jobs that you would find in the Sport and Leisure sector. Each volunteer has to read out one line of the job that they are at a time. After each line has been read out ask the class if they can guess the job that is being read out. Keep repeating this, reading out one line at a time until somebody has guessed the correct job.

End this session by explaining that these are just some examples of jobs in the Sport and Leisure occupational area.

Activity 3

The 2012 Olympic Village (25 minutes)

Inform the class that in September 2012 the Olympic Village will be home to over 14,000 athletes and officials during the Olympic Games and 4,200 during the Paralympic Games.

Split the class up into groups of four people. Each group has to design an 'Olympic Village'. They need to think about everything that the athletes will need in the Village (e.g. accommodation, food, places to relax etc). They then need to think about all the jobs that the 'Olympic Village' will create.

They need to decide how they are going to present their village to the rest of the class.

After 15 minutes ask each group to present their 'Olympic Village' to the rest of the class.

Activity 4

Sport and Leisure Quiz (15 minutes) Worksheet : Sport and Leisure Quiz and Answer Sheet

Pupils will need a copy of the 'Working in Essex, Southend and Thurrock – Sport and Leisure' leaflet to be able to find the answers to the quiz.

The pupils can work on their own or in pairs to complete the quiz.

Give the pupils 10 minutes to complete the quiz and then spend the last five minutes going through the answers.

Plenary (5 minutes)

Go round the class and ask everybody to say what their favourite sport is. It could be a sport they play or one which they follow. See how many different sports are mentioned and if there are any that are a bit more obscure or less well known.

End the session by going back over the aims and learning outcomes of the lesson with the students and asking them if they have any questions about anything that they have done.

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Activity 1

Top and Tail - Worksheet

Ronnie O'Sullivan

Rowing

David Beckham

Boxing

Jonny Wilkinson

Golf

Muhammad Ali

Motor Racing

Steve Redgrave

Swimming

Lewis Hamilton

Football

Andrew Strauss

Snooker

Andy Murray

Rugby

Michael Phelps

Cricket

Kelly Holmes

Tennis

Tiger Woods

Athletics

Activity 1

Top and Tail - Answer Sheet

Ronnie O'Sullivan

Snooker

David Beckham

Football

Jonny Wilkinson

Rugby

Muhammad Ali

Boxing

Steve Redgrave

Rowing

Lewis Hamilton

Motor Racing

Andrew Strauss

Cricket

Andy Murray

Tennis

Michael Phelps

Swimming

Kelly Holmes

Athletics

Tiger Woods

Golf

Activity 2

Who am I? – Worksheet

Fitness Instructor

- I make sure clients do not injure themselves through exercising too hard or incorrectly.
- I may work out an individual training programme for clients.
- I test people's fitness and show them how to use equipment properly.
- In aerobics, step and keep fit, I make up own routines and demonstrate the exercises to classes.
- I provide exercise instructions such as aerobics, step, keep fit, circuit training and weight training.

Leisure Centre Assistant

- I may work at reception, selling tickets, making bookings, and answering the phone.
- I sometimes learn coaching skills and first aid.
- After the session, I remove the equipment and inspect it for any damage.
- I make sure the equipment is safe, and may supervise people using it.
- I set up the equipment for different activities such as aerobics, badminton and children's play activities.
- I carry out a range of duties and activities in a sports or leisure centre.

Theme Park Worker

- I may work in food and beverages, or sell items in various shops.
- I may operate the machinery.
- I collect money and give out tickets.
- I look after rides, helping people on and off, and make sure people act safely.
- I work in a theme park, fairground or amusement park.

Cinema Manager

- I deal with any concerns or complaints from the public.
- I use a computer for keeping accounts and for other tasks.
- I oversee booking systems, and prepare regular reports on the state of the business.
- I interview, hire and manage the staff, and arrange in-house training.
- I do a wide variety of work such as planning events, advertising, keeping accounts and arranging catering.
- I am responsible for the everyday running of a cinema complex and its activities.

Golf Greenkeeper

- I use hand tools and machinery and help to maintain equipment.
- I mow the grass and water or drain it if necessary.
- I control pests and weeds, and rake the grass.
- I make sure that turf on the course is in excellent condition.
- I rake bunkers, cut holes and move tees.
- I look after trees and shrubs in other parts of the grounds of a golf course.

Swimming Pool Lifeguard

- I look after the changing rooms, and may be responsible for other facilities, such as jacuzzis, spa pools and showers.
- I may be responsible for keeping the pool and surrounding area in a hygienic condition.
- I help people in trouble, and give immediate first aid, including artificial respiration.
- I stop any bad behaviour and make sure swimmers are safe.
- I walk around the pool, or sit in a raised chair, watching swimmers and supervising the use of chutes, flumes and diving boards.
- I keep a close watch on swimmers using pools, especially beginners and children.

Activity 4

Sport and Leisure Quiz - Worksheet

Using the 'Working in Essex, Southend and Thurrock Sport and Leisure' leaflet have a go at answering the questions below.

1. How many sport and recreation businesses are there in the South East of England?

2. How many volunteers are there estimated to be working in the sports and recreation sector?

3. What types of work are diversifying into the leisure and tourist industries?

4. What is the average annual salary for a Sport and Leisure Assistant in the UK?

5. How many jobs will be created by the 2012 Olympic Games?

6. How many leisure centres are there in the UK?

7. What skills and qualities would be useful for a job in the sports and leisure industry?

8. What is the website address for the Sector Skills Council for Active Leisure and Learning?

Activity 4

Sport and Leisure Quiz – Answer Sheet

Using the 'Working in Essex, Southend and Thurrock Sport and Leisure' leaflet have a go at answering the questions below.

1. How many sport and recreation businesses are there in the South East of England?

4,900

2. How many volunteers are there estimated to be working in the sports and recreation sector?

947,800

3. What types of work are diversifying into the leisure and tourist industries?

Farming and other land-based industries

4. What is the average annual salary for a Sport and Leisure Assistant in the UK?

£10,648

5. How many jobs will be created by the 2012 Olympic Games?

9,000

6. How many leisure centres are there in the UK?

1,500

7. What skills and qualities would be useful for a job in the sports and leisure industry?

Good communication skills, enjoy working with people, stamina and enthusiasm, problem solving

8. What is the website address for the Sector Skills Council for Active Leisure and Learning?

www.skillsactive.org.uk