



PALs

Physical Activity Leaders

Student Handbook

Name:

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What is a PAL?

Congratulations on becoming a PAL!

A PAL is a trained Physical Activity Leader who may

- organise and run games or activities during lunchtime
- be a play buddy
- maintain play equipment and shed
- support school events
- and generally be leaders in the school.

PALs housekeeping

This handbook is yours to write in and keep.

Through discussion, activities, and games, you will learn how to be a PAL and develop general leadership skills over three sessions.

- **Session 1: Leadership**
- **Session 2: Communication**
- **Session 3: Reflection & Planning**

My PALs support adult is

Code of Conduct

As a PAL you are expected to:

- Be respectful and considerate of all
- Treat others with kindness
- Be a positive role model
- Attend PAL leadership sessions
- Be willing to learn

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- Have FUN!

By signing, I agree with the Code of Conduct.

Name:

Signed:

Date:

1. Leadership

Activity – Takahia

Activity – Take Me to Your Leader

Who would you take the alien to and why?

In pairs, discuss some great leaders that you can think of. This could include your family, friends, famous people, people in the community, sportspeople etc.

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Qualities

What qualities do these people have? Circle your top 5.

helpful teamwork friendly direct strict loud encouraging
creative tall reliable respectful positive kind includes others
speaks clearly good sportsmanship confident responsible
organised outgoing polite praise problem solver bossy
open to learning initiative listens

Or add your own:

What qualities do you have?

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What qualities would you like to work on?

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Behaviours

A good leader might:

- Communicate well
- Be a good listener
- Be supportive
- Share ideas
- Give positive feedback
- Involve everyone
- Be co-operative
- Be a positive role model
- Motivate others (be enthusiastic)
- Be hard working
- Cope with challenges
- Make suitable changes

What other behaviours does a leader show?

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School Values

What are our school values?

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How do we show these values?

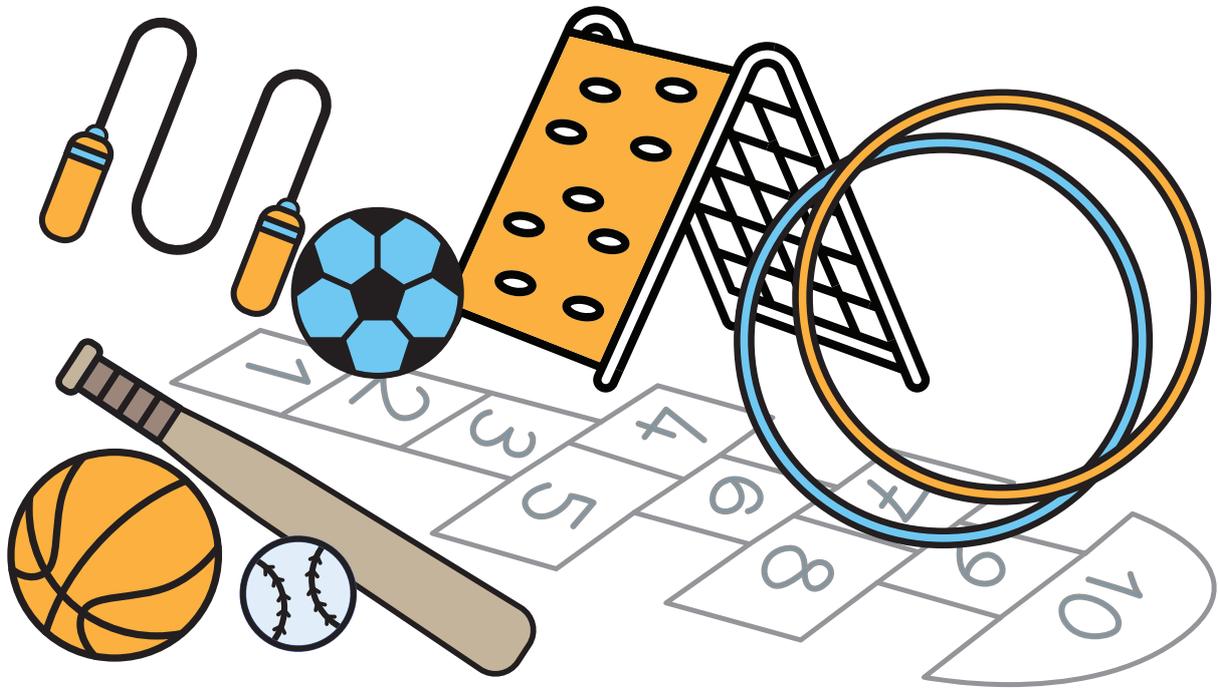
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Activity: Play Hub



You can play this game if you have at least:	1 student
Appropriate age level:	All ages
Location in the school:	Field, turf, court, hall
Equipment needed:	Anything you can play with!

How to play:

- Set up as little or as much equipment as you wish. Remember, you also have to pack it away!
- Allow students to play with the equipment in whatever way they choose to (as long as it's safe).
- Use your leadership skills to help students feel welcome, included and safe.
- Pack away equipment when the Play Hub is finished.

Activity:

Use this template to plan your own free play hub

You can play this game if you have at least:	
Appropriate age level:	
Location in the school:	
Equipment needed:	

How to play:

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2. Communication

Activity – Pipe Cleaner Magic

Communication Skills

To be a good communicator there are certain things you must do:

- Speak clearly
- Listen to others' ideas
- Use gestures
- Face who you are talking to
- Keep instructions simple
- Speak at the same level as the age of students you are leading
- Get everyone's attention before speaking
- Question students to check that they understand.

List 3 ways that you could communicate best in a noisy environment like the field or a hall:

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Managing Behaviour

If students are acting out or being disruptive it may be that:

- they are looking for attention
- they may be bored
- or they may be upset.

To try and deter this behaviour it is great to get them out enjoying an activity as soon as possible. You should also point out and acknowledge students who are making good choices.

List some ways that you may manage disruptive or bad behaviour:

1.

2.

3.

4. Get a duty teacher to help

Teamwork

Teamwork is:

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As a team member, what skills do you bring to your team?

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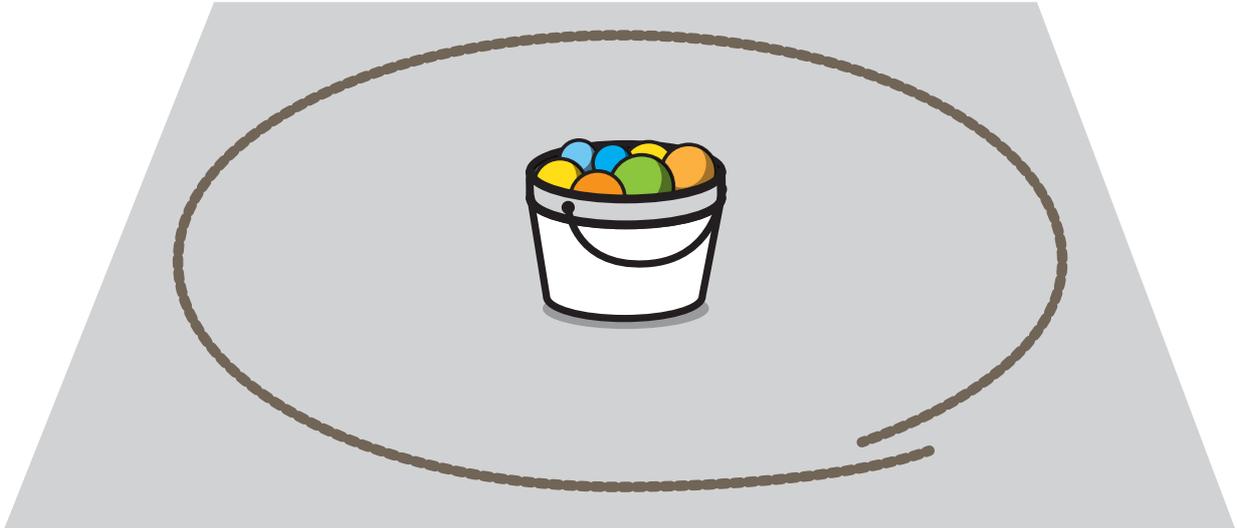
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A good team member::

- Includes everybody
- Knows what their role is
- Finishes what they started
- Listens to others
- Plans
- Helps others
- Respects themselves and others
- Is positive

Activity: Popcorn



You can play this game if you have at least:	2 students
Appropriate age level:	All ages
Location in the school:	Field, turf, court, hall
Equipment needed:	Bucket, assorted balls, rope or chalk circle

How to play:

- All players line up around the edge of the circle
- The leader empties the bucket of balls, spreading them out as far as they can
- Players aim to get all the balls back into the bucket as fast as possible
- The players must throw the balls into the bucket from outside the circle
- Players can enter the circle but only to retrieve the balls to the outside of the circle
- Game finished when all balls are back in the bucket

3. Reflection & Planning

Self-reflection

Refer to the qualities identified during the leadership session if needed.

Identify 3 qualities that you feel you are already good at:

1.
2.
3.

Identify 3 qualities that you would like to work on:

1.
2.
3.

Planning an Activity

When planning any game or activity, it is important to consider children of all ages, abilities and levels, to ensure they are all participating.

Sometimes when you plan, you need to adjust to suit the needs of your participants. Consider the following when planning and running any game/activity:

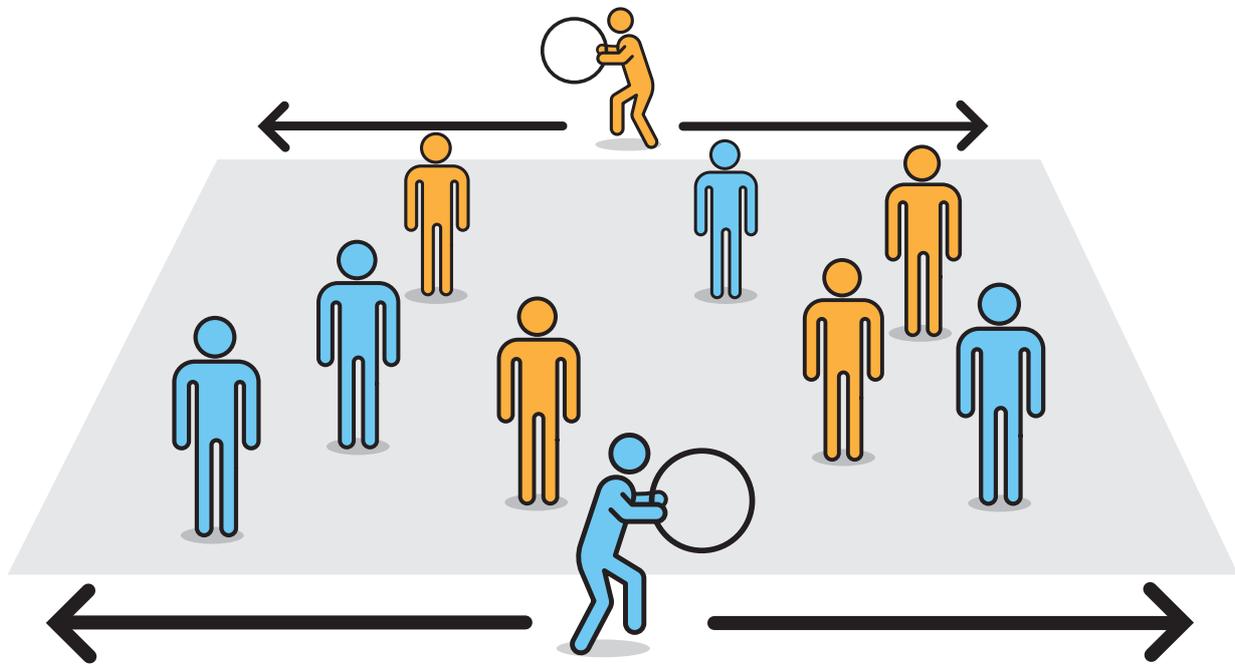
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Activity: Hoop Line



You can play this game if you have at least:	10 students
Appropriate age level:	Senior students
Location in the school:	Field, turf, court, hall
Equipment needed:	Bibs, cones, 2 hoops, 1 ball

How to play:

- Divide the group into 2 even teams
- Mark out a rectangle area (e.g. netball court)
- Teams spread out across the court
- Each team has 1 player holding a hoop on the outside of the court
- To score a goal, each team needs to pass the ball amongst their teammates 5 times in a row, then throw the ball through the hoop
- The player holding the hoop can move up and down the court but can't stand inside the court
- No-one is allowed to run with the ball
- If the ball is dropped it is handed over to the other team
- First team to 5 points, wins
- Option to make it more difficult:
 - Have 2 balls and make it a race to score points, this creates defense and attacking options

Adapting an Activity

The word adapt means to adjust or to fit. When you are planning and delivering your activities, use the STEP model to adapt each activity to suit the needs of the participants you are working with.

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For further support please contact:



www.sportbop.co.nz/contact-us/

We would like to acknowledge and give our thanks to



An active Wellington region

