

## *what is active youth?*

Kent Youth's Active Youth project delivers the Community Sports Leadership and Dance Leadership Awards all over the county to young people aged 16-25 from varying backgrounds.

Active Youth, funded by 'V' the national youth volunteering charity, is a project that uses sport and dance to give people the chance to develop skills such as planning and organising, teamwork and communication.

The Active Youth project also promotes youth volunteering throughout Kent and Medway, offering young people the chance to volunteer within their local community delivering sport and activity sessions to other children and young people.

Also available as part of the **active youth** programme:

### **Level 1 Award in Dance Leadership**

For further details of the course, please email [activeyouth@kent youth.org](mailto:activeyouth@kent youth.org) or call 01634 281841

## **Kent Youth**

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Charity Registration No: 1063975

Kent Youth operates throughout Kent and Medway. Our programmes and outreach work actively help children and young people achieve positive outcomes in their lives. We provide training, advice, support, activities and resources to over 200 affiliated youth clubs, groups and organisations as well as delivering face to face programmes. Over 18,000 children and young people and 1,500 adult leaders are involved in our affiliated clubs each week. We believe all children and young people have undiscovered potential and we aim to unlock that potential.

## *Level 2 Award in Community Sports Leadership*

## what is the award?

The Community Sports Leadership Award is a nationally recognised Level 2 Award. It consists of 35 guided hours (based on 3 hours per week unless otherwise stated) and 30 hours of independent volunteering based in a youth club or organisation chosen by the volunteer.

### The units consist of:

- UNIT 1:** Contribute to organising and delivering a sports activity session.
- UNIT 2:** Establish and maintain a safe sporting activity.
- UNIT 3:** Understand the structure of sport and recreation at local, regional and national level.
- UNIT 4:** Understand and lead fitness sessions.
- UNIT 5:** Demonstrate principles and practice in running sporting events and competitions.
- UNIT 6:** Demonstrate principles and practice in adapting sports activities.
- UNIT 7:** Plan a series of appropriate sporting activities.
- UNIT 8:** Demonstrate leadership skills in the community.

## volunteering

As a trainee leader, you will be expected to demonstrate your leadership skills and learning by delivering 30 hours of sport and activity sessions in a youth group, club or other suitable organisation within your local community. Kent Youth has more than 200 such groups in affiliation and will help secure the placement. The courses have been run for over 18 months now and the clubs welcome the opportunity to deliver extra sessions to their young members.

During your placement, you will design, develop, plan and deliver the sessions yourself under the supervision of a club leader. Typically each session will last for 2–3 hours and will involve 20–30 young people. Previous trainees have organised fitness sessions, delivered a variety of sports, organised tournaments, choreographed performances for shows and supervised dance training.

## how much does it cost?

The courses are free but a small deposit of £25 is requested for the course log books which is refunded on completion of the course. Financial assistance is also available towards travel costs.

## when is it?

**The next Community Sports Leader Award course is:**

**For details and an application form please call 01634 281841 or email [activeyouth@kent youth.org](mailto:activeyouth@kent youth.org)**

