**School Games – Personal Development through leadership and volunteering**

**Transcript**

- On your marks.

(whistle blowing)

(children cheering)

- I introduced the sports leaders programme to the school because I found a lot of students

was not bringing their kit and not taking part in practical PE because they didn't enjoy it.

And these kind of students were students with low self-esteem, anxiety problems and many issues where their confidence was really low.

So I wanted to give them a new pathway to follow in a sporting context.

- Sport really isn't my thing. So when teacher in year 11 asked, "What would we do for sport this year?" I decided that I would be a Sport Leader since that was one of the options and I absolutely love it.

- The training involves doing some training in the classroom so students understand what makes a good leader, communication skills, knowledge of sports. Then they take this training and put it into practise when we teach in primary schools.

- The school games provides positive experiences for children, young people, to develop their character. One of the ways we do this is through leadership and volunteering opportunities.

- Leadership is so important to the work that we do. If we've got good leaders, then we can deliver fantastic events. The leaders learn lots of new skills. We're going to be working with them over the next 20 minutes and then they will deliver that activity for over a hundred group of people.

- The benefits I've seen with the students who have had this opportunity to teach and lead young children has been phenomenal. And just seeing the smiles on their faces when they are teaching these young children has been fantastic.

- Working with the children today was a really uplifting feeling and their spirits were always really high and so it made me feel really happy.

- It's great to see that in addition to the physical and mental wellbeing benefits, the school games is now providing opportunities for young people to develop their life skills.

- I think I can use these skills to help in interviews and get the jobs that I want to do. I want to go to sixth form.

- I've got more confidence in what I'm doing and I'm glad that I can put that in my CV. I'm more confident!

- And I think when I want to be an air hostess, I think having that confidence to help people and to always be encouraging, even when people feel stressed and anxious about something, it will really, really help them.

(group chanting)

- [Group] Spires!