

KNOWLEDGE



KNOWLEDGE IS THE KEY TO BEING A CONVINCING LEADER

This should be a quality that you seek to continually develop throughout life.

" Knowledge is power " Sir Francis Bacon, 1597

KNOWLEDGE OF THE FOLLOWING IS ESSENTIAL:

Activity you are leading

WARM UP

Aims and objectives

Warm the body to reduce the risk of injury

Safety awareness

Take participants age & fitness level into consideration

Activity you are leading

GAMES

Aims and objectives

Raise pulse rate whilst having FUN

Safety awareness

Stay in control of your group

Activity you are leading

TECHNICAL SKILLS

Aims and objectives

Prepare participants for performance

Safety awareness

Teach all skills 'Step by Step'

As a Young Leader you should have knowledge of the 'Emergency Plan' before leading any activity.