



DORSET VIRTUAL LEADERSHIP ACADEMY



YOUTH
SPORT
TRUST



Lead Specialism
Partner School
Leadership, Coaching and Volunteering



Active Dorset
Community Interest Company



Welcome to the Dorset Virtual Leadership Academy

The Dorset Virtual Leadership Academy consists of a wide selection of pre-recorded workshops covering a variety of topics to provide training to young people on their leadership journey. The leadership academy offers a range of training to primary, middle, secondary and special schools and demonstrates the importance of developing young people to become the workforce of the future.

The mission is to create a movement across schools unifying young leaders who have a passion to champion sport, physical activity and play. Through a range of leadership experiences, young people can acquire skills and learn behaviours, which not only develop them as individuals but as drivers of change for others.

The Virtual Leadership Academy will run alongside the face-to-face Dorset Leadership Academy providing additional content for schools to access. The workshops provide flexibility in the way leadership training is delivered. The workshops have been created for teachers to use with groups of students in the following strands – Young Leaders, Young Ambassadors, Young Coaches, Sports Reporters and Wellbeing Mentors to create the next generation of leaders, officials, coaches and role models.

The workshops have been created by a diverse group of sports professionals including athlete mentors such as Kate Grey and Aaron Phipps, along with PE teacher, coaches and the School Games team.

We hope you enjoy using the workshops and we look forward to seeing you at the next Dorset Leadership Academy event.



Click [HERE](#) to view the Dorset Leadership Academy video



Key Note Speaker - Aaron Phipps - GB Paralympian

Aaron is a GB Wheelchair Rugby athlete. His motto is "we all have choices" and through Aaron's determination and resilience, he was selected to be part of the Wheelchair Rugby team for Great Britain in the London 2012 Paralympic Games. Aaron talks about his amazing journey and in his Young Ambassador workshop his challenge to climb Mount Kilimanjaro.



Click [HERE](#) to view video
Duration - 27:38



The Dorset Leadership Academy spans across all aspects of the Youth Sport Trust Leadership Framework. Before you get started, refer back to the Leadership Framework and reflect on it within your school. Think about each individual group of young people then ask yourself the questions connected to 'Are you ready to lead?' to explore what type of leadership opportunity might be best. Look at your existing leadership offer and identify potential gaps.

The Youth Sport Trust believes every young person should be supported through PE, sport and play to develop their personal leadership capabilities. Through a range of leadership experiences, young people can acquire skills and learn behaviours which not only develop them as individuals but as drivers of change for others



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Young Ambassador Workshops

Young Ambassadors are role models advocating PE and Sport in their schools. The Young Ambassador role forms a vital link between students and adults in each school. Young Ambassadors are the foundation of the leadership academy and will also support as the events team at School Games County events. Young Ambassadors are your more experienced young leaders in year 9 and above.

Title
Young Ambassador – Leadership Pathway

Duration
10:13

Synopsis
Bournemouth School Games Organiser Sarah Dunsford introduces the next steps in the Dorset Leadership Academy pathway. This workshop is a chance to reflect on your leadership journey so far and to explore the opportunities available to you.

Equipment
Flip chart/A3 paper and pens

[Click HERE to view workshop](#)



Title
Aaron Phipps – Climbing Mount Kilimanjaro

Duration
15:37

Synopsis
In 2016 Aaron set himself the ultimate challenge of climbing Mount Kilimanjaro, the highest mountain in Africa, to raise money for the Meningitis Research Foundation. It was the first time a disabled British person had climbed Kilimanjaro without assistance.

Equipment
No equipment required

[Click HERE to view workshop](#)



Title
Young Ambassador – Event Planning

Duration
11:16

Synopsis
Sarah Dunsford leads a workshop on the steps to take in planning and running a successful competition or event. This will provide ideas on how to create a safe, inclusive event that provides a positive, enjoyable experience for all participants.

Equipment
Flip chart/A3 paper and pens

[Click HERE to view workshop](#)



Young Ambassador Workshops continued...

Title
Kate Grey- GB Paralympian The Cube Challenge

Duration
25:49

Synopsis
Kate Grey is a former Paralympic swimmer and now TV Broadcaster. Kate sets her cube challenge to develop teamwork and communication skills. This is a five-activity team challenge, which will test teamwork and nerve in a pressure situation.
Equipment

Equipment
Playing cards, 4 tennis balls, 4 beanbags, 1 bucket or large container, 1 hula hoop and a long ropes

[Click HERE to view workshop](#)



Title
The 5 ways to wellbeing

Duration
24:30

Synopsis
Annie Hargreaves from Active Dorset leads a workshop on the 5 ways to wellbeing. This is a useful workshop for any of the leadership strands. The workshop will explore how 'being active' supports physical and emotional wellbeing and how you could promote the 5 ways to wellbeing in your school.

Equipment
Flip chart paper and pens

[Click HERE to view workshop](#)





Young Leader Workshops

The Youth Sport Trust kindly created the following videos to support skill development, prompt thinking and inspire leaders into action. World champion inline skater Gemma Downing, GB judo athlete Tom Davis and British professional tennis player Jade Windley lead these short workshops. Young Leaders may have started their leadership journey as Bronze Ambassadors in primary school although this is not essential. Young Leaders are in year 7 & 8 with the next step being the Young Ambassador role.



Dorset Young Coach Academy

This series of workshops will support aspiring young coaches to develop the skills and qualities required of a good coach and to reflect and develop an action plan for the future.

Title
Understanding your participants

Duration
34:27

Synopsis
PE Teacher Callum Burt takes you through a session on understanding the different motivations/barriers for taking part in physical activity. This workshop also explores some tools that you could apply in a practical setting to adapt the environment and make it inclusive for all participants.

Equipment
Flip chart paper and pens

Additional Videos
Like a Girl
[Click to view](#)

[Click HERE to view workshop](#)

1) **Are You Ready To Lead?**
Duration - 4:03

[Click HERE to view workshop](#)

2) **The Leadership Journey**
Duration - 4:17

[Click HERE to view workshop](#)

3) **Building Great Relationships**
Duration - 2:27

[Click HERE to view workshop](#)

4) **Developing Role Specific Skills**
Duration - 3:30

[Click HERE to view workshop](#)

5) **Being a Change Maker**
Duration - 3:54

[Click HERE to view workshop](#)

6) **Influencing Skills: Inspiring Confidence in Others**
Duration - 3:54

[Click HERE to view workshop](#)



Title
Understanding your participants

Duration
36:17

Synopsis
Lewie Lett is a GB Volleyball Coach currently working with the England team in preparation for the Commonwealth Games. Lewie shares the values and non-negotiable standards that he and his team have established to create a high performance environment. He shares ideas of how you can develop your own values and coaching philosophy.

Equipment
Flip chart paper and pens. Cones, a ball and cricket stumps or a large cone

[Click HERE to view workshop](#)

Title
Planning and Leading Sessions

Duration
11:47

Synopsis
LTA tennis coach Rachel Cocking leads a workshop on the process she goes through in planning and leading a successful coaching session. Rachel also looks at how you can reflect on your coaching practice to improve your delivery.

Equipment
Flip chart paper and pens

[Click HERE to view workshop](#)





Dorset Young Coach Academy continued...

Title
Practical Coaching Session

Duration
39:15

Equipment
No equipment required

[Click HERE to view workshop](#)

Synopsis
In this workshop, Gemma Coles from Head Over Heels Gymnastics will deliver a coaching session to a primary school class and talk you through the activities and her coaching process. Gemma is extremely passionate about grassroots gymnastics and has over 20 years of experience as a coach.

The Youth Sport Trust kindly created the following four-part series of videos designed to support the implementation of local youth coach/activator leadership programmes.



1) Your Coach/Activator Journey

Duration – 5:13

[Click HERE to view workshop](#)



2) Understanding your participants

Duration – 5:43

[Click HERE to view workshop](#)



3) Planning and leading sessions

Duration – 4:41

[Click HERE to view workshop](#)



4) Your philosophy and ethics

Duration – 6:29

[Click HERE to view workshop](#)



Sports reporters

These two workshops will provide training so that schools can establish a team of sports reporters to help capture and celebrate events and activities. Sports Reporters can create articles and video reports for school newsletters and websites. Sports Reporters from each school will also have the opportunity to come together as the Dorset School Games Media Team to support School Games and Dorset Leadership Academy County Events.

Title
Kate Grey - Sports reporting

Duration
26:12

Synopsis
Kate Grey draws on her experiences as TV broadcaster to lead a workshop on sports reporting and presenting. This workshop will support young leaders in their role as sports reporters within their own schools.

Equipment
Flip chart paper and pens

[Click HERE to view workshop](#)

Title
Sports reporting in your school and through the School Games

Duration
10:15

Synopsis
North Dorset School Games Organiser Nico Stone shares some ideas on how and where to use your skills as a sports reporter in your school and through the School Games.

Equipment
Flip chart paper and pens

[Click HERE to view workshop](#)





Wellbeing mentors

The Dorset Mind Wellbeing Mentor programme has been designed to teach and enable students to become Wellbeing Mentors in their school who help students in lower years with their worries and concerns, predominately via 1:1's but also through other channels such as assemblies, posters and general awareness. The programme is adapted from an Anna Freud programme and is targeted at year 9 students and above.

Two members of the Dorset Mind Your Head Team visit schools to deliver the sessions and it is a requirement that a member of staff from the school is also in attendance.

The programme is made up of 5 initial sessions delivered by the Dorset Mind Your Head Team. By the end of the 5 sessions, students should have enough knowledge and confidence to become a Wellbeing Mentor.

Active Dorset is incorporating a 6th session, which is specifically designed for the Dorset Leadership Academy and is school led. This session will look at how to bring physical activity, sport and the Dorset Mind Wellbeing Mentor programme together, focussing on and looking in more depth at the '5 ways to wellbeing' and how they can be implemented into the school.

If you are interested in your school taking part in this programme, please contact the Dorset Mind Your Head team at DMYH@dorsetmind.uk. You can also visit the Dorset Mind Your Head website at: www.dorsetmindyourhead.co.uk

[Click HERE to view information video](#)



Dorset young person local organising committee

The Dorset Young Person Local Organising Committee (DYPLOC) formed in 2018, is a strategic group of inspiring young people. They are a truly invaluable resource, who have the autonomy to shape the future direction of the Dorset School Games. Each year we have an application process with the aim of bringing together an inclusive and diverse group of young people, reflecting the population of students in schools across the county. Please contact your School Games Organiser for more information.

[Please follow this link to watch DYPLOC video](#)

[Click HERE to view video](#)



School Games Dance Team

The School Games Dance Team will work with FuZe8 Dance Company to prepare a performance for the closing address of the next Dorset Leadership Academy and at a School Games County Event. The Dance Team is made up of dancers from schools across the county who come together to perform the Big County Wide Dance. For a preview of the next choreography, please follow the link below. The video will be sent out in the lead up to the Dorset Leadership Academy 2022 for dance students to learn the choreography. They will then spend the day at the Leadership Academy with a Lauren Gosling from FuZe8 before the performance.

[Preview of next DLA choreography](#)

[Click HERE to view video](#)





Please help us

We would like to understand how many schools and young people are accessing the Virtual Dorset Leadership Academy. Please help us by completing the very short survey when you use the video workshops to train young leaders. [Click HERE to view survey](#)



Thanks to...

We would like to thank all of the teachers, coaches, athlete mentors and School Games Organisers who contributed to the Dorset Virtual Leadership Academy. Thanks also to our valued partners who continue to support the Dorset Leadership Academy.

