

## Overview

This standard is about leading activity sessions, such as outdoor activity sessions, or recreational 'taster' sessions for a particular sport or activity. These sessions could introduce people to a sport or activity, provide purposeful fun and enjoyable recreational activities, or provide progress in a particular sport or activity. They could help people to grow as individuals, by developing their social skills. These sessions could also meet certain curriculum requirements, such as the national curriculum or a curriculum designed by a National Governing Body of sport.

### **The main outcomes of this standard are:**

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- \*\*1. prepare participants for sessions
- 2. lead and conclude sessions

This standard is for people who can lead sport, recreation or outdoor activity sessions with limited supervision, typically in a controlled environment.

SKALA3

Lead and conclude activity sessions



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## Performance criteria

*You must be able to:*