



A Project Approach to Delivery: Planning and delivering a sports programme for a specific community group

This project has been devised around the idea of planning and delivering a sport or physical activity programme for an identified group in the community. This may take the form of a holiday or extra-curricular programme and should include activities that are appropriate to the target group. The programme should include an element of coaching and skill development as well as some sort of event or competition.

It is hoped that, as well as being fun and active, the programme will also aim to improve the health and fitness of those taking part; through education regarding diet and the importance of maintaining a healthy lifestyle.

You might like to imagine that they are employed within a local sports facility and that they have been given the task of planning and delivering this programme as part of their job role.

This project approach has been broken down into the following modules, which should form a coherent pathway through the project:

- Developing sport and physical activity opportunities
- Roles and responsibilities of a Recreational Assistant
- Planning and promoting the programme
- Safety and safeguarding
- Delivering the programme
- Reviewing the programme.

This work can be undertaken as an individual or within a team. If working within a team learners are expected to contribute to each of the areas (and be able to evidence this contribution) in order to gain the experience and knowledge required to successfully complete the Cambridge Technicals in Sport and Physical Activity Level 3 (Recreational Assistant Pathway) units.