



Skills
Development

Community
Impact

Social
Action

Sports Leaders Making an Impact in Barnet and Beyond

School Case Study

St James Catholic High School

At Sports Leaders, we believe that every young person should have the opportunity to realise their potential. Through our work with a wide network of centres, we see many great examples of the ways in which learners develop their skills and actively encourage their peers, as well as becoming active citizens in their communities and beyond.

Located in the London Borough of Barnet, St James Catholic High School have enjoyed a long and successful relationship with Sports Leaders, working together to develop young leaders and provide learners with opportunities to develop essential life skills.

Passionate about working with young people

Pat Lardner, the school's Head of Student Voice & Whole School Leadership, is well positioned to understand the value that leadership courses can bring. She says: "The Sports Leaders are a cohort of students in all year groups who are engaged and passionate about working with young

people through the medium of sport to develop a variety of skills and talents, demonstrating respect, determination, enthusiasm, commitment and resilience.

"The range of leadership opportunities at St James equips our students with skills and motivation to create and run sporting activities both in school and the local community.

"Once trained, our Sports Leaders work with the Barnet Partnership for School Sport (BPSS) and all primary schools as confident young leaders."

As part of their studies, the school's Sports Leaders learn to co-ordinate and lead a variety of activities and events, both to their peers in the school and the broader community in their local area. Pat explains: "They have worked with disabled students and pupils with mental health issues, which has helped them to gain an enormous insight into the day to day physical and mental demands young people face. This for our students has been extremely powerful.

Aim:

To build key life skills in learners and provide them with the opportunity to develop them in real life volunteering and social action situations.

Impact:

Both the school and its learners have become actively involved in their local community, supporting public events and providing support to younger learners as mentors and leaders.

"A vast number of our sports leaders volunteer weekly to assist with local sports clubs and give up their time to also help assist at Primary School after school clubs."

"Our sports leaders have been chosen to speak at local events regionally to express the impact the sports leadership programme has had on their organisational, planning and social interaction with others.

"In the last 3 years since the leadership programme began we have had 3 students selected for the Outstanding Barnet Sports Leader Award and a vast number of our sports leaders volunteer weekly to assist with local sports clubs and give up their time to also help assist at Primary School after school clubs."

Developing skills for a positive impact

Throughout their programmes of study, Sports Leaders at St James develop five key skills that have been identified as being in demand following research by Youth Employment UK. These skills are: communication, teamwork, self-belief, problem solving and self-management. Through volunteering and leading events and activities, learners demonstrate their ability in these five skills, progressing through their courses before ultimately achieving their qualifications.

The impact of this skills development has an extremely positive effect on the school's local community, something that was demonstrated recently when the students from St James worked alongside the Sport Impact organisation to deliver the Middlesex Schools Athletics Championships.

Sport Impact's Partnership Director, Alan Watkinson, was extremely pleased with the support provided by the Sports Leaders learners. He said: "We are indebted to St James' for supplying us with Sports Leaders for this event.

"The school was incredibly helpful in sourcing six outstanding young people and they made a significant contribution to the running of this very high profile event. I was hugely impressed by their manners,

initiative and sunny personalities and they attracted a large number of very positive comments from many different sources. I anticipate that the competition will again be hosted at The Allianz Stadium and I am sure they would be very keen to recruit young leaders from St James' again next year."

This positive impact is reflected by the Barnet Partnership for School Sport (BPSS), who play a key role in encouraging local pupils to be more active and participate in physical activity. Katie Bailey, who manages a variety of sports events for the organisation and regularly creates volunteering opportunities for pupils, has experienced the energy of St James' learners first hand: "The BPSS have had the pleasure to work with the leaders from St James' Catholic High School at a variety of our events throughout the academic year.

"The leaders deliver activities at our Key Stage 1 events, our inclusive festivals and also officiate at our primary competitions. They always arrive enthusiastic, eager and full of positivity which is infectious to everyone around them.

"We regularly receive praise from the primary teachers on the confidence and patience the leaders demonstrate and it has been wonderful to see the development in their leadership skills during their sports leadership programme."

Showcasing the students and their development

The continued success of the school's sports leadership programmes has also been recognised by its senior leaders, including Headteacher Carolyn Laws, who strongly believes in the difference that skill development can make to young people. Carolyn is passionate about providing pupils with the skills need to succeed and believes that sports leadership courses can help to achieve this: "I am delighted that St James' is part of Sports Leaders.



"The programme is a fantastic showcase for the work of our student leaders and for the school as a whole, and really does fulfill our mission statement of ensuring our young people live life to the full.

"The skills our students develop and character they build through their participation in Sports Leaders stand them in excellent stead for their future."

Building resilience and developing character

Qualifications and Awards in Sports Leadership provide learners with a perfect environment to develop skills that not only empower them to become active volunteers and leaders, but also achieve greater levels of attainment in all areas of their school studies.

Find out more:

[Qualifications and Awards from Sports Leaders](#)

[Register your interest in delivering leadership courses](#)

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