

**Overall Aim**

The aim of Playground Leaders is to introduce and develop leadership skills in Year 5 and 6 children by training them up and getting them to organise activities for other children in the playground.

**Who is it for?**

Playground Leaders is predominately aimed at Year 5 and 6 children; however, this programme can also be taught to Year 4.

**Curriculum or Extra-Curricular**

Pupils can use their leadership skills to teach other pupils during morning, lunch or afternoon breaks. Some schools may decide that this can be part of their change 4 life club offer.

**How can Playground Leaders help your school?**

* It can be an excellent way of engaging your least active pupils.
* The leaders learn to understand the structure of an active session.
* It is a great way of building confidence for both the participants and the leaders.
* Increases participation rates.
* Breaktimes are a lot more structured and safer games are taking place.
* The Leaders gain a sense of responsibility which for some pupils can be an excellent way of channelling behavioural issues.
* With fun active games taking place the playground then becomes a happy place for children to enjoy their breaktimes.