

THEME

Contributing and
Influencing

SUB THEMES

Leading in Action

Overview

Active Jackets hold a variety of equipment suitable for physical activity.

In this activity Participants experience a variety of physical activities and take responsibility for managing the Active Jackets for other children to use the equipment.

This responsibility may include:

- Giving out and getting the equipment back
- Having ideas or demonstrating how the equipment could be used
- Making sure the Jacket is well stocked with equipment the children want to use.

Active Leadership Jacket

Knowledge and skills

Leadership styles, goal-setting and implementation, applying strategies, personal responsibility, reflection and evaluation.

Resources

- Examples of equipment kept in and on the Active Jacket include: chalk, small balls, foxtails, tennis balls, hacky sacks, poi, bean bags, dice, yoyo, frisbees, elastics and activity cards.
- Ideas for activity cards that could be sourced from SPARC (www.sparc.org.nz) include *KiwiDex*, *Developing Fundamental Movement Skills*, ideas from *Get Started* in the Active Schools toolkit and the Push Play Action Packs.



After the Participants have had an opportunity to wear the Active Jackets they answer the questions in the Leader Journal template. The Facilitator can assist in answering these questions. For example:

1. WHAT WERE THE BENEFITS OF WEARING THE ACTIVE JACKET?

Facilitator:

Leads discussion around responsibility, co-operation and opportunity for all children.

2. WHAT WAS DIFFICULT WHEN YOU WERE WEARING THE ACTIVE JACKET?

Facilitator:

Leads discussion around sharing, co-operation and strategies for returning equipment.

3. HOW DID YOU MANAGE THE BORROWING OF EQUIPMENT?

Facilitator:

Leads discussion around personal responsibility, processes for monitoring, and sharing.

4. HOW COULD YOU IMPROVE THE MANAGEMENT OF EQUIPMENT?

Facilitator:

Leads discussion around methods for monitoring and sign-in/ sign-out options.

5. WHICH ACTIVITY CARDS DID THE CHILDREN LIKE MOST? WHY?

Facilitator:

Leads discussion around elements of a successful activity, leading and providing instructions and monitoring an activity.

6. WHAT EQUIPMENT DID YOU USE IN THE ACTIVE JACKET? WHAT ELSE COULD BE ADDED?

Facilitator:

Leads discussion around uses and equipment availability.

7. WHAT ROLE DO THE PHYSICAL ACTIVITY LEADERS (PALS) PLAY? HOW COULD THIS ROLE BE IMPROVED?

Facilitator:

Leads discussion around role and equipment availability.

8. WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

Facilitator:

Leads discussion around planning and monitoring of activities.



NAME _____

Active Leadership Jacket

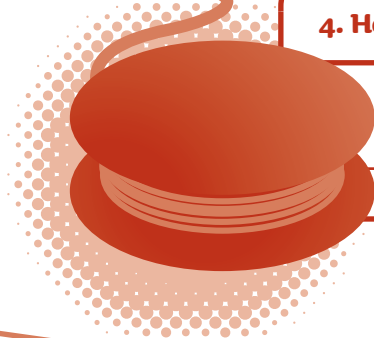
What was it like to wear the Active Jacket?

1. What were the benefits of wearing the Active Jacket?

2. What was difficult when you were wearing the Active Jacket?

3. How did you manage the borrowing of equipment?

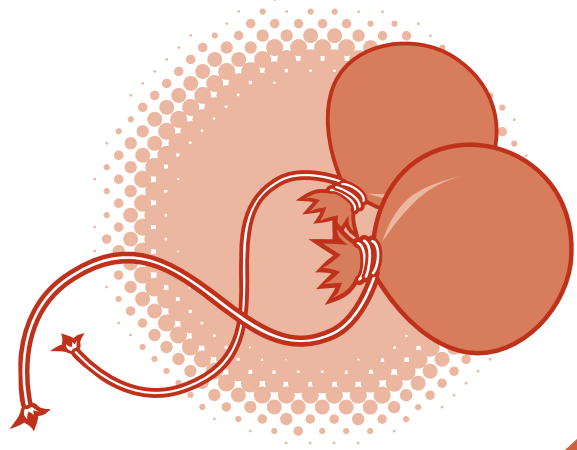
4. How could you improve the management of equipment?





5. Which activity cards did the children like most? Why?

6. What equipment did you use in the Active Jacket? What else could be added?



7. What role do the PALs play? How could this role be improved?



8. What would you do differently next time?

