

Introduction

TOPS Sports sessions use the contents of the TOPS Sports bags to show you how to run fun and easy sports & activity sessions. This is a fun practical workshop full of ideas for games, sports and activities.

This always popular course is suitable for everyone - but be prepared to join in!

This course is (usually) run by Edinburgh Leisure.

Content

The course is very hands-on so you'll need to be ready to take part in a variety of games, activities & sports. The course covers games that can be played by a wide range of age levels and are suitable for;

- Small groups
- Big groups
- Whole clubs and groups

The course uses the contents of TOPS Activities bags which can be borrowed from LAYC.

Dress in a suitable way for playing active games - that means trackies, old jeans, t-shirts, trainers ...that sort of thing!!!

Outcomes

On completion of the course participants will;

- Have experience of running TOPS sport & activity sessions
- Be aware of the importance of safety when running sport & activity sessions
- Be able to use existing club / group resources to run sport & activity sessions

Follow Up

Please answer all the questions;

- Where do you your youth or children's work?
- When did you do the course?
- Which of the games or activities from the course have you tried out with a group?
- How did the games or activities go?
- What went well? How could you do it better?
- What did not go so well? How could you improve it?