

LEADING THROUGH GENERATION PROJECT



HWB - RESPONSIBLE CITIZENS

BE INNOVATIVE AND LEAD INCLUSIVE ACTIVITY SESSIONS ACROSS OUR COMMUNITY FOR ALL AGES

The Generation Project is an intergenerational programme delivered in partnership with Tryst Community Sports Club, bringing younger and older generations together through meaningful physical activity.

Research shows that intergenerational activity enhances social, emotional and physical wellbeing across all ages. Participants will learn to plan and deliver inclusive, engaging activities for those most at risk of physical inactivity, building confidence, self-esteem and positive relationships.

You will develop practical leadership skills by designing and leading activities in real community settings, including nurseries and care homes, progressing to independent session delivery with ongoing support.

SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING

RECOGNITION OF ACHIEVEMENT

LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

Learning Intentions

- To improve my communication by giving clear instructions and demonstrations
- To build my leadership by creating safe and purposeful sessions
- To develop my initiative by preparing independently and as part of a team,
 - considering how to make sessions inclusive
- To be curious and interact with different generations to expand my knowledge and understanding of the world around me

Success Criteria

- I can communicate clearly so participants understand my instructions and tasks
- I can lead the sessions safely, staying calm and in control.
- I can prepare fully to plan and lead an activity using effective communication.
- I can engage in conversation with different groups and encourage others to be active.

Career Opportunities

- Active Schools
- Care Sector Work
- Nursery teacher or Assistant
- Social Work

The Four Capacities

