



# Lead and Achieve



## Sports Leadership Course For Adults with Learning Disabilities

Active Harborough District, in conjunction with Freedom Support Training Academy, developed a training course for adults with Learning Disabilities which focussed on learning and confidence around Sports Leadership

- Sessions were delivered weekly for 3 months with members of staff from Active Harborough District.
- Each week had a theme, building on how to safely deliver a sports session.
- Participants completed weekly worksheets at the sessions which underpinned practical elements undertaken. Those who were unable to write about their experiences were able to take pictures or describe answers to demonstrate their understanding.
- Graduates of the course now deliver inclusive sports sessions within their peer groups.
- Willing leaders are involved in local community opportunities, such as the inclusive school sports football tournament and tennis tournaments.

For register interest in future courses or for further information please contact:

Email: [activeharborough.gov.uk](mailto:activeharborough.gov.uk)

