When you have completed 50 sessions, to get your GOLD award you must also write a short report on your volunteering. Write about what you did, who you helped and what you learned and achieved.

Cramlington & Seaton Valley School Sport Partnership

STEP ON

Leadership & Volunteering Award

LOG BOOK

Name:_____

School:_____

Welcome to the STEP ON Leadership & Volunteering Award. This is an exciting programme designed to help you volunteer for the benefit of sport in your school sport partnership.

You can volunteer at your own school or at a nearby primary / first school; At breakfast, lunchtime or after school clubs; And at competitions and festivals.

STEP ON awards are given for every 10, 25 and 50 sessions of volunteering you complete. You can count 30 minutes of volunteering as 1 session.

10 sessions = **BRONZE** Award
25 sessions = **SILVER** Award
50 sessions = **GOLD** Award

On completing each award you will receive a certificate and a reward. The **BRONZE** reward is a sports leader whistle; the **SILVER** reward is a sports leader t shirt; the **GOLD** reward is a sports leaders sweat shirt.

There are lots of benefits from taking part:

- Develop your skills e.g. leadership, communication, organisation.
- Build confidence
- Enjoyment and sense of achievement
- Enhance social skills
- Gain new experiences
- Helping your community
- Being active and healthy

Northumberland SSP School Sport Partnerships

step into sport

Date	Activity (what you did)	No. of sessions (1sessions = 30mins)	Mentor's Signature
Total number of sessions completed			

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Working towards your STEP ON awards

Follow these steps to achieving your STEP ON awards:

- Decide what you would like to do.
  - Think about the activity you would like to do, what role you would have, where and when you could volunteer.
- Ask an adult to be your mentor.
  - This should be someone from the school you are volunteering at, who can give you help if you need it and also sign your log book.
- Begin your volunteering.
  - Make sure both you and the school know exactly when and where you will be volunteering and what you will be helping with.
  - Remember you are there to help and you shouldn't be leading activities on your own.
- Complete your log book.
  - After each session fill in your log book and ask for your mentor's signature.
- Get your Awards.
  - When you have completed 10, 25 and 50 sessions, show your completed log book to your PE teacher.
  - They will send off for your certificate and reward.

You don't have to complete all of your volunteering doing the same thing. You might help at an after school club and complete 5 sessions. You could then help at a competition and complete another 2 sessions. Leading 3 lunchtime activity sessions would then mean you had achieved the **BRONZE** award.

Date	Activity (what you did)	No. of sessions (1sessions = 30mins)	Mentor's Signature
Total number of sessions completed			

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