



YOUNG LEADERS

PROGRAMME

2025 / 26

www.movementevolution.org

hello@movementevolution.org





Movement Evolution Scotland CIC was founded in April 2019.

We are a not for profit organisation established to benefit of the community. We aim to:

- increase participation in ‘free spirit’ sports and physical activities in North East Scotland;
- to improve the health and wellbeing of the population of North East Scotland; and
- to close the attainment gap in the North East of Scotland through physical activity and ‘free spirit’ sports.



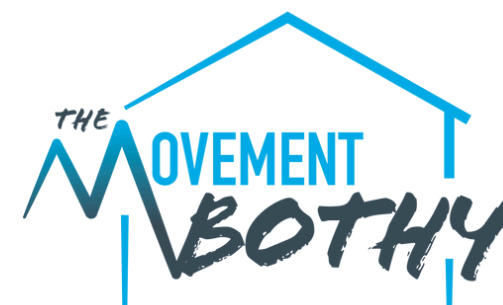
MOVEMENT EVOLUTION SCOTLAND



- ▶ Young Leaders
- ▶ External CPD



- ▶ Regular coaching activities
- ▶ Support for sports and clubs



- ▶ Regular Coaching Activities
- ▶ Birthday Parties;
Holiday Camps &
Movement Experiences
- ▶ Free to use Movement
Environments

Events; Movement Experiences and Pop Up Activities

- ▶ Stand-alone
- ▶ Delivery in schools
- ▶ Delivery for Sports
Clubs & Youth Groups
- ▶ External Event Organisers



AIMS OF THE YOUNG LEADERS PROGRAMME

- To help you to develop useful life skills in a setting beyond school (eg. communication; organisation; building relationships)
- To support you to gain experience using these skills
- To develop great future sports coaches
- To give you opportunities to motivate and inspire the next generation
- To give you the opportunity to shape what Movement Evolution Scotland delivers
- To offer employment opportunities



A THREE YEAR PROGRAMME

01

Movement Evolution Academy Young Leader Stage 1 Certificate

4 x 2 hour workshops

- Understanding Yourself & an Introduction to Fundamental Movement Skills – Friday 26th September
- Understanding the Individual & an Introduction to Communication for Coaching – Friday 24th October
- Understanding your Environment & an Introduction to the Athletic Skills Model – Friday 28th November
- Understanding your Coaching Practice & Developing Your Communication Skills – February date tbc

1 x 4 hour online course

- UK Coaching Certificate – Get Into Coaching: Assistant Coach in Sport in Physical Activity

40 hours of volunteering hours



A THREE YEAR PROGRAMME

02

Movement Evolution Academy Young Leader Stage 2 Certificate

4 x 2 hour workshops

- Understanding Yourself Part 2 & Assisting Tough Monkees Activities
Friday 3rd October
- Understanding the Individual Part 2 & Assisting Parkour Activities
Friday 7th November
- Understanding your Environment Part 2 & Assisting Skateboarding
Friday 5th December
- Understanding your Coaching Practice Part 2 & Assisting BMX
February date tbc

2 x 2 hour online courses

- UK Coaching Course - Coaching Children
- Safeguarding and Protecting Children Course
(For those age 16-17)

Emergency First Aid Course

40 hours of volunteering

*Once completed Young Leaders may be employed as
Assistant Coaches at rates of:
U16 £7 per hour U18 £10 per hour 18+ £12.60 per hour*



A THREE YEAR PROGRAMME

03

Movement Evolution Academy Young Leader Stage 3 Certificate

5 x 2 hour workshops to include coach reflection time and:

- The importance of Athletic Development and Physical Preparation
- Health and Well-being in Coaching
- Building Relationships and Rapport
- An Introduction to Skill Acquisition
- An Introduction to Sport Psychology in Coaching

Dates to be arranged with the individuals

National Governing Body coaching qualification
Eg. Level 2 Certificate in Coaching (Sport and Physical Activity)
or Level 2 Fitness Instructor or Level 1 Introduction to Coaching - Cycling
or Level 1 Parkour Coach

Large volunteer project led and shaped by Young Leaders supported by MES staff (approximately 40 hours)



THE NEXT STEPS

- Young Leader Starter Form
- Volunteer hours available ongoing and in the holidays
- Let Katy know when you're available
- Volunteer agreement
- Log sheets (keep them safe)

