



West Melton Physical Activity Leaders (x20)

The role of the Physical Activity Leader is to create opportunities for students to play and interact with others in a positive and supportive way. They will be required to attend a training course and to work one day a fortnight during lunch time.

Who can be a PAL?

- PALs will consist of 20 x Year 5, 6, 7 or 8 students.
- PALs will always work in partnership.
- Your roster will include a lunch time session for one day a fortnight.
- If your partner is away you will need to arrange for another PAL to do an extra turn.
- Applications must be accompanied by a parent signature supporting your application and a teacher's signature of endorsement.

Key Attributes of a PAL:

- Be a reliable role model of the school values.
- Be trusted and respected by your peers.
- Have good organization skills be able to give clear instructions.
- Be enthusiastic and friendly.
- Be patient and caring.
- Have strong communication skills.
- Have a desire to interact with others through physical education.
- Be quietly confident when managing a group of students.
- Be prepared to complete training sessions.
- Work well with others in team situations.
- Support and participate when requested.
- Know how and when to seek help.

How to become a PAL:

- You will need to apply for the position.
In your application you will need to include:
 - ⇒ Name, age, year level,
 - ⇒ any experience you may have that will show us how good you will be at the job,
 - ⇒ what great qualities you can bring to the job,
 - ⇒ why you think we should choose you
 - ⇒ **a note from your parents saying that they support your application to be a PAL which may interfere with your classroom programme,**
 - ⇒ **a teacher signature endorsing your application.**
- You may need to be interviewed.
- Successful applicants will be required to attend training sessions before commencing duties.