



Karate in the Community Activity Leader

Location: Plymouth and Surrounding Areas

Reports to: The Board

Hours: Variable, including after school clubs during term times and could include evening and weekend activities

Contract Type: Casual

Salary: £15.00 per working hour plus local travel expenses to be agreed in advance

Who we are:

We are a Plymouth based Community Interest Company that works to take the benefits of martial arts out into the community with a focus on improving wellbeing, confidence, and coordination.

Are you passionate about empowering others and making a positive impact in your local community?

Karate in the Community CIC is looking for enthusiastic activity leaders to help deliver exciting events and activity sessions that introduce self-defense and group fitness to people of all ages.

As an activity leader, you'll play a key role in supporting our mission to promote confidence, wellbeing, and community spirit through martial arts and fitness.

Purpose of the Role

To deliver engaging, safe, fun and inclusive martial arts-based activities which includes primary-aged children in an after-school setting and all age groups and abilities across community led activity sessions. The role aims to promote physical fitness, confidence, empowerment and discipline through age-appropriate martial arts techniques and games.

Key Responsibilities

- Plan and lead structured physical activity sessions with a martial arts theme suitable for all ages.
 - Ensure activities are fun, inclusive, and aligned with safeguarding and health & safety standards.
 - Teach elements of basic martial arts skills (e.g., stances, balance, coordination) without contact sparring.
 - Incorporate games and teamwork activities to build confidence, empowerment and social skills.
 - Maintain a positive and supportive environment that encourages participation and respect.
 - Manage equipment and ensure the activity space is safe and tidy.
 - Monitor attendance and report any concerns to the board.
 - Act as a role model, promoting the values of Karate in the Community CIC
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Essential Skills & Experience

- Experience of delivering and leading age appropriate physical activity sessions
 - Knowledge and lived experience of martial arts/self defence
 - Strong communication and behaviour management skills.
 - Good planning and organisation skills
 - Understanding of safeguarding and child protection procedures.
 - First Aid qualification (or willingness to obtain).
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Desirable

- Coaching qualification or relevant certification.
 - Previous experience of delivering physical activities.
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Personal Attributes

- Enthusiastic and approachable.
 - Reliability and positive role model behaviour attitude
 - Patient and adaptable to different learning styles.
 - Committed to promoting physical activity and wellbeing.
 - Self motivated and confident in independent working
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Safeguarding

This role requires an enhanced DBS check and adherence to all safeguarding policies.

Interested: Please email us a copy of your CV, including references and a 1000 word personal statement demonstrating how you meet the requirements of the role. Please email this to, hello@karateinthecommunity.org.uk

Role closing date: 12 noon on 12th February 2026

We reserve the right to close the recruitment sooner than the advertised date, should we receive a large number of applications.

Diversity and Inclusion

Karate in the Community CIC is committed to attract and invest in all members of our local community. To learn more about about vision, mission and values, please visit <https://www.karateinthecommunity.org.uk>