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| **What will we be learning?****Unit 2 – Sports coaching & leadership** | **Why this? Why now?** This unit is delivered in Year 12 in the Spring and Summer terms after unit 1 has been completed. It is delivered during this time as it requires a range of facilities.  | **Key Words:**CoachLeaderAutocraticDemocraticLaissez-faireGroups dynamicsGroup cohesionSocial loafingRisk assessmentHealth and safetySafeguardingAdaptationsReview |
| **What will we learn?*** **LO1 – Know the roles and responsibilities of sports coaches & activity leaders**
* **LO2 – Understand principles which underpin coaching & leading**
* **LO3 – Be able to use methods to improve skills, techniques and tactics in sport**
* **LO4 – Be able to plan sports and activity sessions**
* **LO5 – Be able to prepare sports & activity environments**
* **LO6 – Be able to deliver sports & activity sessions**
* **LO7 – Be able to review sports & activity sessions**
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| **What opportunities are there for wider study?**Careers/degree courses* Sports science
* Physiotherapy
* PE teacher

Further reading:[What is a sports coach? Roles & responsibilities of a sports coach (ucfb.ac.uk)](https://www.ucfb.ac.uk/news/ucfb-news-hub/what-is-a-sports-coach/)[How to plan a coaching session – Plan It Coach](https://planitcoach.co.uk/how-to-plan-a-coaching-session-planning/) |
| **How will I be assessed?*** Teacher set assignments on Teams
* Observation of coaching/leading sessions
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**CAM TECH – SPORT**

**UNIT 2**

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| **LO1 – KNOW THE ROLES & RESPONSIBILITIES OF SPORTS COACHES & ACTIVITY LEADERS*** Roles of sports coaches & activity leaders
* Responsibilities of sport coaches & activity leaders
* How the roles & responsibilities involved in teaching & delivering sports differ
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| **LO2 – UNDERSTAND PRINCIPLES WHICH UNDERPIN COACHING& LEARNING*** Principles of leadership and personality
* Group dynamics
* Attributes of coaches and leaders
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| **LO3 – BE ABLE TO USE METHODS TO IMPROVE SKILLS, TECHNIQUES & TACTICS IN SPORT*** Methods of identifying strengths & weaknesses in skills, techniques & deployment of tactics
* Classification of skills & its links to types of practice
* Methods for measuring improvements in skills, techniques & deployment of tactics
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| **LO4 – BE ABLE TO PLAN SPORTS & ACTIVITY SESSIONS*** Review participants’ needs considering which could influence coaching sessions
* Key considerations when planning sports/activity sessions
* SMART goal setting
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| **LO5 – BE ABLE TO PREPARE SPORTS & ACTIVITY ENVIRONMENTS*** Preparing equipment for sports/activity sessions
* Preparing the environment for sports/activity sessions
* Assessing & minimising risks before sports/activity sessions
* Appropriate safeguarding policies & procedures
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| **LO6 – BE ABLE TO DELIVER SPORTS & ACTIVITY SESSIONS*** Preparing participants for sports/activity sessions
* Delivering appropriate warm-up activities
* Delivering sport/activity sessions
* Concluding coaching sessions
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| **LO7 – BE ABLE TO REVIEW SPORTS & ACTIVITY SESSIONS*** Reviewing sport/activity sessions
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