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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:**  Coach  Leader  Autocratic  Democratic  Laissez-faire  Groups dynamics  Group cohesion  Social loafing  Risk assessment  Health and safety  Safeguarding  Adaptations  Review |
| **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** | |
| **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 | |

**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 |  |
| **LO2 – UNDERSTAND PRINCIPLES WHICH UNDERPIN COACHING& LEARNING**   * Principles of leadership and personality * Group dynamics * Attributes of coaches and leaders | Text  Description automatically generated |
| **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 |  |
| **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 |  |
| **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 |  |
| **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 |
| **LO7 – BE ABLE TO REVIEW SPORTS & ACTIVITY SESSIONS**   * Reviewing sport/activity sessions |