Foxford Learning Plan

YEAR 11: Summer 1

Topic Unit 3 LO1: Knowledge of the skills and responsibilities of a sports coach

Key Vocabulary

Communication	The exchanging of information through speech or writing
Organisation	Preparation of groups and resources
Adaptability	The ability to adjust to different conditions or circumstances
Empowerment	The authority given to do something
Feedback	Information aimed to improve for future
Health and Safety	Regulations and procedures used to limit accidents and injury
Safeguarding	A term used to protect others
Risk assessment	The process used to identify hazards
Professional conduct	The way in which a person conducts themselves within a setting

Key Skills

Over the course of the topic, I will be able to: -

- Identify skills and responsibilities needed to coach a successful session
- Describe the skills and responsibilities needed to coach a successful session
- Explain the skills and responsibilities needed to coach a successful session
- Provide practical examples from within a session of the importance of these skills and responsibilities

I will Understand

1. The skills and responsibilities needed to coach a session
2. The positive outcomes of the skills and responsibilities
3. The negative outcomes of the skills and responsibilities