

YEAR 9 PHYSICAL ACTIVITY AND SPORT STUDIES

SPORTS COACHING ASSESSMENT TASK

OUTCOME:

3.1 Demonstrates actions and strategies that contribute to enjoyable participation and skill performance.

4.2 Displays management and planning skills to achieve personal and group goals.

WEIGHTING: 25%

PENALTIES: 20% per day deduction for late submissions.

DATE DUE: WEEK 4 (CHECK WITH YOUR TEACHER FOR DATE) _____

TASK PURPOSE:

Amongst other concepts, PASS students have learnt about the styles of coaching, qualities of an effective coach and phases of a coaching session. Students have participated in a number of practical coaching sessions. Students must use their coaching knowledge to create and instruct a 45 minute coaching session following the structure below:

- Warm up
- Skills (incorporating fitness/ conditioning)
- Modified game
- Cool down



Students may complete this assessment task in groups of up to 4.

TASK DESCRIPTION: This task has two parts.

SECTION 1:

Design a 45 minute coaching session in a selected sport or physical activity. You may choose one of the activities listed below or gain approval from your PASS teacher to coach a different activity.

Netball	Basketball	European Handball
Tennis	Lacrosse	Badminton
Indoor soccer/ Futsal	Field soccer	Oz Tag
Touch football	Volleyball	AFL
Slide hockey	Cricket	T Ball
Ultimate Frisbee		

Your coaching session should include:

- warm up,
- skills,
- modified game,
- cool down.

You must meet the following criteria:

- 1) Include diagrams (hand drawn or digitally produced by the student)
- 2) Outline safety considerations
- 3) Include time allocation
- 4) Include a resource list (including equipment and facilities)

SECTION 2:

- With your PASS teacher, select a lesson to deliver your coaching session to the class.
- Present your coaching session at the agreed time using a suitable coaching style

Task Requirements:

Select a sport/ physical activity

Create your training session plan

Submit an electronic copy of your assessment task through Google Classroom (preferred), email or a hard copy to your PASS teacher

Provide a reference list

Examples:

WEBSITE: Website name- Sports Coach, Webpage title- Skill analysis, Web address- http://www.ausport.gov.au/sportscoachmag/skill_analysis2

BOOK: Book title- Sports Coaching, Editor- John Lyle & Chris Cushion, Pages used- 23- 25, Published- June 2010

Your teacher will select a lesson for you to present your coaching session to your class

SUBMISSION: Either hand in a hardcopy of your plan or email it to your relevant class teacher

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NOTE: You have been provided with two (2) session plan templates below.

GRADE E	GRADE D	GRADE C	GRADE B	GRADE A
<p><u>SECTION 1: Session Plan</u></p> <ul style="list-style-type: none"> ▪ Session plan is prepared on a given proforma. ▪ Some activities are relevant to the sport and suitable for PASS students ▪ All phases are attempted. ▪ All criteria are met for 1 phase of the coaching session. ▪ Plan contains some correct spelling and grammar, with more errors than correct. ▪ Plan is written in the students own words. ▪ An accurate reference list is provided and contains at least 1 suitable reference. 	<p><u>SECTION 1: Session Plan</u></p> <ul style="list-style-type: none"> ▪ Session plan is prepared on given proforma.. ▪ Some activities are relevant to the sport and suitable for Year 9 PASS students ▪ All phases are attempted. ▪ All criteria are met for 2 phases of the coaching session. ▪ Plan contains some correct spelling and grammar, with more errors than correct. ▪ Plan is written in the students own words. ▪ An accurate reference list is provided and contains at least 2 different suitable references. 	<p><u>SECTION 1: Session Plan</u></p> <ul style="list-style-type: none"> ▪ Session plan is prepared on given proforma. ▪ Most activities are relevant to the sport and suitable for Year 9 PASS students. ▪ All phases are attempted. ▪ All criteria are met for 3 phases of the coaching session. ▪ Plan contains mostly correct spelling and grammar, with only a few minor errors. ▪ Plan is written in the students own words. ▪ An accurate reference list is provided and contains at least 2 different suitable references. 	<p><u>SECTION 1: Session Plan</u></p> <ul style="list-style-type: none"> ▪ Session plan is prepared on a given proforma. ▪ All activities are relevant to the sport and suitable for year 9 PASS students ▪ All phases are attempted. ▪ All criteria are met for 3 phases of the coaching session. ▪ Plan contains mostly correct spelling and grammar, with only a few minor errors. ▪ Plan is written in the students own words. ▪ An accurate reference list is provided and contains at least 3 different suitable references. 	<p><u>SECTION 1: Session Plan</u></p> <ul style="list-style-type: none"> ▪ Session plan is prepared on given proforma. ▪ All activities are relevant to the sport and suitable for year 9 PASS students. ▪ All criteria are met for each phase of the coaching session ▪ Plan contains correct spelling and grammar. ▪ Plan is written in the students own words. ▪ An accurate reference list is provided and contains at least 3 different suitable references.
<p><u>SECTION 2: Practical Presentation</u></p> <ul style="list-style-type: none"> ▪ Limited communication skills ▪ Limited behaviour management ▪ Limited organisation ▪ Limited evidence of sport-specific knowledge ▪ Poor time management skills 	<p><u>SECTION 2: Practical Presentation</u></p> <ul style="list-style-type: none"> ▪ Basic communication skills ▪ Basic behaviour management ▪ Basic organisation ▪ Evidence of basic sport-specific knowledge ▪ Basic time management skills 	<p><u>SECTION 2: Practical Presentation</u></p> <ul style="list-style-type: none"> ▪ Sound communication skills ▪ Sound behaviour management ▪ Sound organisation ▪ Evidence of sound sport-specific knowledge ▪ Effective time management skills 	<p><u>SECTION 2: Practical Presentation</u></p> <ul style="list-style-type: none"> ▪ Excellent communication skills ▪ Excellent behaviour management ▪ Excellent organisation ▪ Evidence of excellent sport- specific knowledge ▪ Effective time management skills 	<p><u>SECTION 2: Practical Presentation</u></p> <ul style="list-style-type: none"> ▪ Outstanding communication skills ▪ Outstanding behaviour management ▪ Outstanding organisation ▪ Evidence of outstanding sport- specific knowledge ▪ Effective time management skills

Sports Training Program:		Names:	
Venue (Location at school needed):			
Attendance		Equipment needed	
Introduction			
Warm Up Activity		Cool Down Activity	
Drills and Games (Skill focus:)			
Coaching Tips/Challenges		Safety Considerations	
Sports Training Evaluation			

SESSION PLAN

Unit:
Grade:
Lesson:

Learning Outcomes:
Equipment:

Time	Lesson Content	Teaching Points & Organisation
10 Mins	Warm-Up:	
15 Mins	Skills:	
15 Mins	Modified Games:	
5 Mins	Cool Down:	