



Cambridge technical Level 3

**Sports coaching and activity
Leadership – Bridging Work 2021**

Context in Year 12 you will complete a mandatory unit called **Sports coaching and activity leadership**. This bridging unit will introduce you to some of the key aspects of this unit and some skills you need to achieve success.

If you want to complete your work electronically then you can send it to sjones@sedgehillacademy.org.uk and we can provide some general feedback on it but it can only be considered as preparation for the start of the course.

Alternatively complete the work , save it and have it available at start of year 12

Key Terms- research and produce a definition with appropriate sporting examples of the following

Democratic leadership

Autocratic leadership

Laissez faire leadership

Group dynamics – including cohesion and social loafing.

Steiner's model of group productivity

Types of practice-whole, part and progressive part

Personality- introvert and extrovert

There are 7 learning outcomes

LO1. Know the roles and responsibilities of sports coaches, activity leaders and PE teachers.

LO2 Understand the principles which underpin coaching and leading.

LO3 Be able to use methods to improve skills, techniques and tactics in sport.

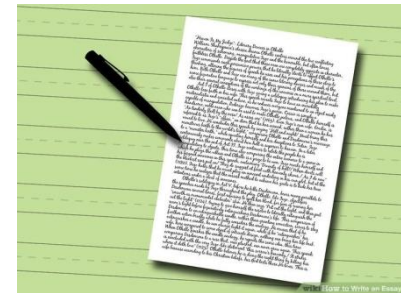
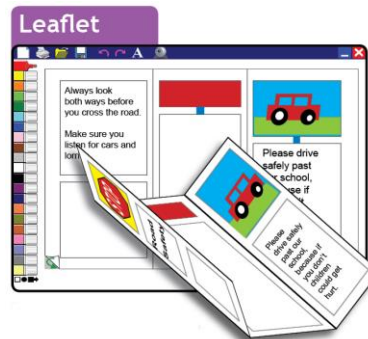
LO4 Be able to plan sports and activity sessions.

LO5 Be able to prepare sports and activity environments

LO6 Be able to deliver sports and activity sessions

LO7 Be able to review sports and activity sessions

You can evidence your work in various ways.



Can you research and then describe the roles and responsibilities of a sports coach, activity leader and PE teacher.

What are the similarities ? What are the differences?



How do all three support a health active life style?

Research (ensure you keep the links to acknowledge your sources)

Find out what the *government are doing for the target groups in society ?*

From your experience *what are schools /teachers doing?*

What is your sports centre /community doing/.?

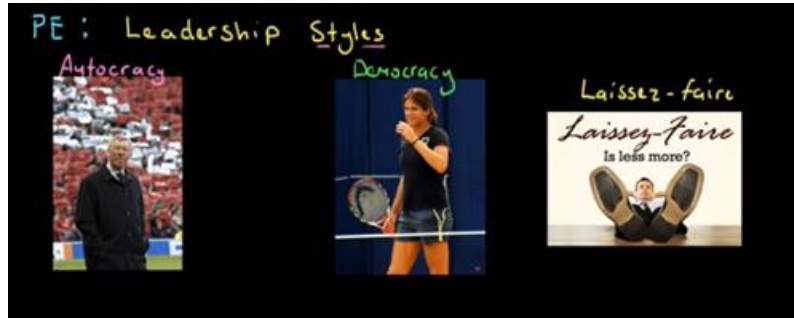
Walking football <https://thewfa.co.uk>

How will you present this information?



Leadership.

Watch the video clips and make notes.
What type of leader are you?



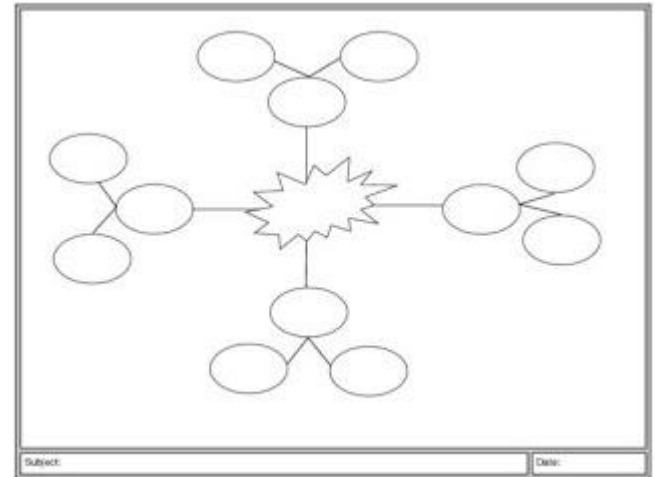
<https://www.youtube.com/watch?v=mPckXApTw60>

Personality

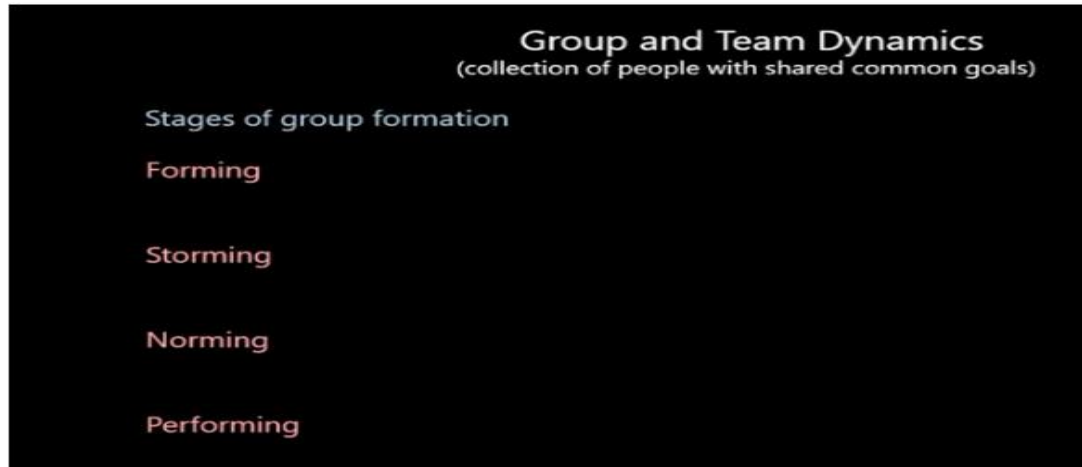
What is your personality type?
Complete an online sports personality test. www.myskillsprofile.com/tests/spq2



<https://www.youtube.com/watch?v=XJPyTSjaE-M>



Groups

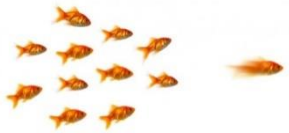


<https://www.youtube.com/watch?v=oVlp6v6ohP4>

Look at your definition of group dynamics

Case scenario. A football team had four players leave at the end of last season, including their captain. Five new players have joined the team, along with a new assistant coach. One of the new players is the son of the new assistant coach.

What effect do you think these changes could have on the team in terms of their stages of development. How could the group cohesion be affected by this change?



Explain how these are important and give an example of a coach or leader who does this well in your favourite sport:

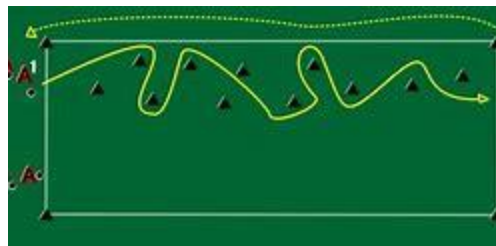
	Explain	How they can do it	Coaching example
Communication skills			
Maintaining relationships			
Knowledge of activity			
Organisational skills			
Empathy			

Coaching requires in depth your knowledge of the sport/activity if a performer is to succeed. How did you make progress in your sport?. The use of practice and drills are vital.

So, in your sport research and make a list of some key websites, books, training manuals anything that you could help you to design 6 sessions in your sport. For a beginner or year 7 student with limited experience

Create a drills store for the key skills in your sport –for example passing in football

Shooting in netball
Dribbling in hockey



Practice

Methods of Manipulating Skills Practice



<https://www.youtube.com/watch?v=8iaDSyDTUiY>

Find the definition and give two advantages and two disadvantages of each practice method

Fixed

Massed

Variable

Distributed

Again think how you might present this information..

Videos for roles in sport

- <https://www.youtube.com/watch?v=Gfjl6qStVic>
- Coaching assistants in tennis
- <https://www.youtube.com/watch?v=NchYyzzJplM>
- Role of a pe teacher
- <https://www.youtube.com/watch?v=GTaMYh1czgM&list=PLmFM5MDgtrqD UIEz1Kazl nc 22EK1v8>
- Best official moments in rugby

Personality

- <https://www.youtube.com/watch?v=c0KYU2j0TM4>
- The power of introverts – ted talks
- <https://www.youtube.com/watch?v=QZKttOPueeY>
- Introvert test

Additional resources and information.

www.youtube.com/user/sportscoachUKTV

www.sportsplan.net/

This unit is coursework based and internally assessed and then externally moderated so all work is preparation and intended to support the transition.