



What makes an effective coaching session?

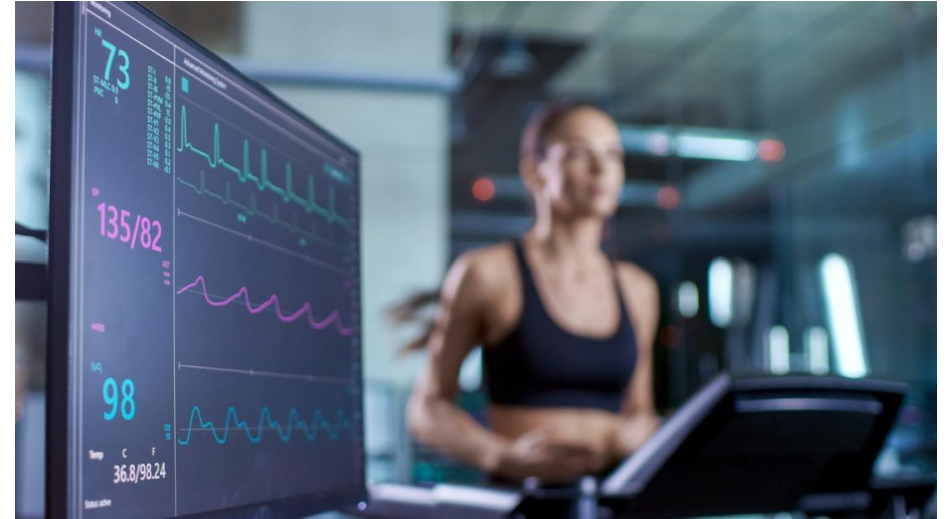
- Think about a practical PE lesson or a practical coaching session that you have been a part of.
- What made these sessions effective?
- Try to come up with at least 5 things.
- Prioritise your top 3.

#AMBITIOUS What qualities do coaches have?



Mr Kalinowski

- ❑ Teacher Training Programme in Physical Education.
- ❑ MSc & BSc Hons Sport Science at The University of Brighton
- ❑ A – Level PE
- ❑ GCSE PE



University of Brighton

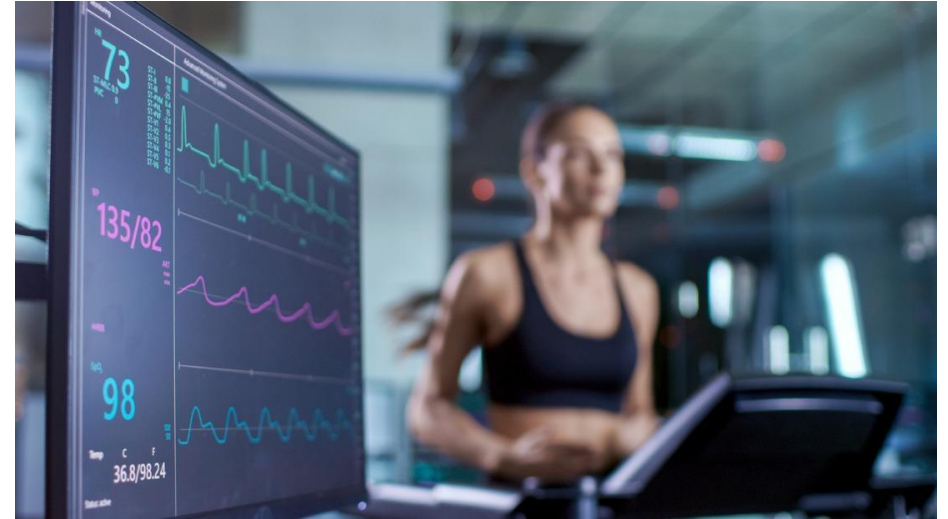


Purpose of today's lesson

- Brief introduction to the course.
- Reflect on your own coaching experiences.
- Understand what makes an effective coaching session.
- Begin planning a basic practical coaching session.

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University of Brighton

Pearson
BTEC Level 3 National
Extended Certificate in
Sport



Specification

First teaching from January 2016

First certification from 2017

Issue 9

BTEC Sport

- Y12 Unit 2: Fitness training and programming
- Y12 Unit 3: Professional development in the sports industry.
- Y13 Unit 1: Anatomy & Physiology
- Y13 Unit 6: Sport Psychology

Career and Further Study

It prepares students for a life in higher education or into the basic workplace or apprenticeships.

This course provides links to careers including;

Sports Coaching,

Sports Therapy,

Sports Science,

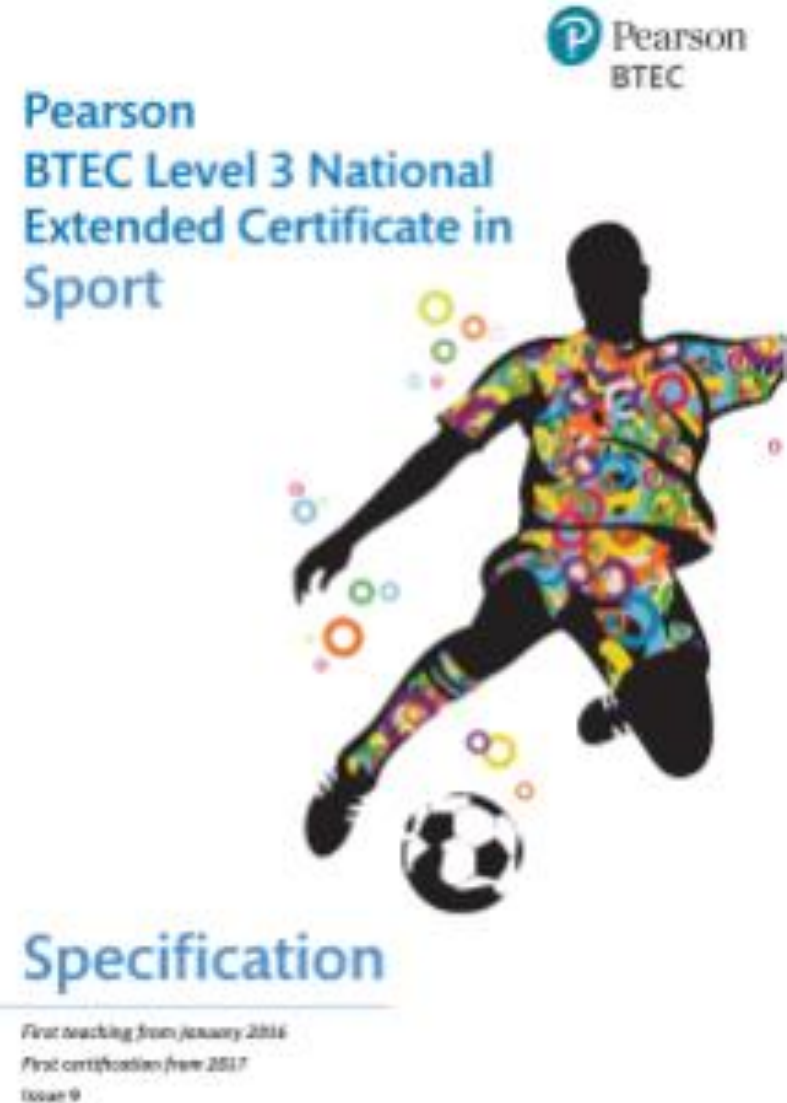
Sports Development,

Sports Psychology,

The Leisure Industry,

Leisure Management,

PE Teaching and Personal training.



Unit 3: Professional development in the sports industry.



Research jobs in the sport and leisure industry



Write a CV



Write a covering letter for a sport and leisure industry job



Participate in a mock job interview



Plan and deliver a full coaching session to KS3 students.



What do these images all have in common?
Take notice of the participants.



What makes an effective coaching session?

- At the start of the lesson, you were asked to list 5 things (prioritising 3) that made practical PE & coaching sessions good/effective?
- **#AMBITIOUS** *What qualities do coaches have?*
- 45s to Turn & Talk to your partner.



What makes an effective coaching session?

- Fun
- Safe
- Engaging
- Students make progress



#AMBITIOUS What qualities do coaches have?



**What makes
a good
sports
coach?**



What should a coaching session / PE lesson include? Why?

- Warm up / arrival activity
- 2- 3 progressive activities
- Competitive game / modified game



Task

Design a full coaching session for the sport & skill you have been given. (20 Participants)

Your session must include:

- Pulse Raising Activity, Dynamic Stretches & a Skill Activity
- Teaching points (5 steps max)
- Main activity 1
- Main activity 2
- Modified/competitive game
- Equipment needed
- Group sizes

If there is time, you will present these sessions to one another.

Task Sports and skills to be taught

Your session must include:

- Pulse Raising Activity, Dynamic Stretches & a Skill Activity
- Teaching points (5 steps max)
- Main activity 1
- Main activity 2
- Modified/competitive game
- Equipment needed
- Group sizes

Rounders:

Throwing and catching

Basketball:

Dribbling

Football:

Passing

Rounders:

Bowling

Basketball:

Shooting

Football:

Shooting

The following



channels
might help
you.

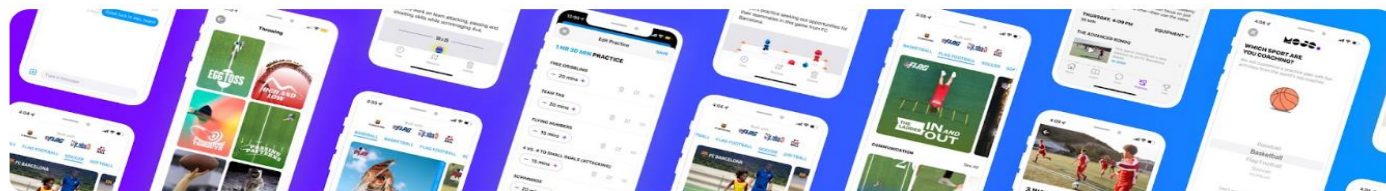


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MOJO is now a TeamSnap company. ...more
get.mojo.sport/youtube and 4 more links

Subscribe



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@roundersengland • 1.23K subscribers • 178 videos

Official account of Rounders England. One sport. Passed from generation to generation. ...more
roundersengland.co.uk and 7 more links

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Student(s) name:
.....
.....

Sport & skill:
.....
.....

Teaching points:

Warm Up:
Pulse Raising activity:

Dynamic Stretches:

Skill Activity:

Main activity 1:

Main activity 2:

Modified/competitive game:

Equipment needed:



Year 12 Summer Coursework 2025



Sport BTEC

Welcome to BTEC Sport Studies!

This course will give you the tools you need to access clients or friends and write a training programme for them to pursue whichever sport or activity they choose.

You should open, download and then create your own copy of the below.

Please work your way through the activities:

Task 1

[Physical Activity Log.docx](#) You should begin this immediately as it will need to be filled in daily for 2 weeks. Please log all physical activity you take part in and be specific if you went to the gym, filling out what exercises, weights and reps and sets.

Task 2

[Food diary.docx](#) As above please begin this as soon as you can so that you are not trying to remember back to days from weeks ago. Be honest and do not hide what you eat. Fill this out with non-judgement so you can best assess the strengths and weaknesses of your current habits.

Task 3

[Curriculum vitae.docx](#) Once you have received your GCSE exam results, create curriculum vitae, which is a document that helps you show off your skills, experiences, and achievements to potential employers. This is part of your Y12 coursework, so the more detail you go into now, the better position you will be later in the year.

Task 4

[Skills Audit.doc](#) This will be used in your coursework and the harder you work now the less you need to do later. It will be interesting for you to demonstrate what you know about your own capabilities in a working environment. You may need to look up some phrases or words but think deeply about what you are good or bad at. (1 is low, 5 is high). In the notes section to the right, simply write where you feel you have acquired or refined those skills. For example "this is due to my experience in public speaking in drama where I...."

Task 5

[Career and Job Role.docx](#) Research a career/job in the sports industry that would be of interest to you. Follow the instructions on the attached document where you will need to break down and analyse the job in a little more detail. This is good practice for an element of your coursework.

Task 6

[Food for thought questions.pptx](#) Please define these terms and then defend or attack the statement. These are opinion based but you can reference facts and experiences to back up your opinions in full sentences please.

All of your work should be handed by Wednesday 10th September for checking. This work will also be marked by your teacher and a grade will be awarded. This will be the first grade reported home.