



Task Number	2	Task Name	Sports Coaching
Course	Sports Lifestyle and Recreation	Faculty	PDHPE
Teacher	Everson and Presland	Head Teacher	John Eakin
Issue date	Week 5	Due date	Friday 14th June Week 7
Focus (Topic)	Sports Coaching	Task Weighting	30%

Outcomes

- 1.1 applies the rules and conventions that relate to participation in a range of physical activities
- 1.3 demonstrates ways to enhance safety in physical activity
- 2.1 explains the principles of skill development and training
- 2.2 analyses the fitness requirements of specific activities
- 3.1 selects appropriate strategies and tactics for success in a range of movement contexts
- 3.2 designs programs that respond to performance needs
- 4.2 demonstrates leadership skills and a capacity to work cooperatively in movement context
- 4.5 recognises the skills and abilities required to adopt roles that support health, safety and physical activity

Task description

Task Description:

Part A- AIS online course (5 marks)

AIS online coaching course: <https://learning.ausport.gov.au/auth/login/?returnUrl=%2F> Register and then complete the "Community Coaching General Principles" course. Students will be given up to 3 lessons in class to complete this. **Students are expected to print of the Certificate of Completion and submit this as their evidence of completion on or before the due date**

Part B- Coaching Clinics - Submit Lesson Plan (20 marks)

Students in small groups (3 max) **will submit a lesson plan** and lead a class session of AFL instruction amongst peers. Students will choose a skill;

- o Marking
- o Kicking in general play
- o Goal Kicking
- o Aerobic Fitness
- o Tagging
- o Ruck-Roving
- o Hand-Balling

This must go for a period of 20 minutes, with 2 skill development activities. It is your responsibility to ensure you have all required equipment. Students will submit their lesson plan on the due date of the assessment. A lesson plan template will be provided by your teacher.

Part C- Case Study (20 marks)

Students will individually select a successful professional coach (teachers can assist) and produce an oral presentation (minimum 3 minutes) analysing the elements of their success. Students will prepare with technology (powerpoint, Prezi, Slides etc), **and video themselves presenting and submit this on the due date via USB**. This Video will be shown in class, students will be offered an assessment task rubric and scaffold to assist them with their presentation.

Assessment Criteria:

Students will be assessed on their ability to:

- *Complete AIS online coaching course*
- *Competently apply theoretical knowledge in practical situations.*
- *Display understanding of AFL, coaching and positively contribute to the coaching clinics.*
- *Demonstrates leadership skills and a capacity to work cooperatively in movement context.*
- *Effectively analyse the elements of a successful professional coach*

Sport, Lifestyle and Recreation.
Year 11 Assessment Task 2

Assessment Guidelines	
Part A	Mark
<ul style="list-style-type: none"> • Completed Certificate and handed in 	5
<ul style="list-style-type: none"> • Partially complete course 	1
<ul style="list-style-type: none"> • Non attempt at the course 	0
Part B	Mark
<ul style="list-style-type: none"> • Demonstrates Extensive leadership skills and capacity to work cooperatively in movement contexts. • Demonstrates extensive performance technique and refined motor skills 	A 18 - 20
<ul style="list-style-type: none"> • Demonstrates thorough leadership skills and capacity to work cooperatively in movement contexts. • Demonstrates thorough performance technique and confident motor 	B 14 - 17
<ul style="list-style-type: none"> • Demonstrates sound leadership skills and capacity to sometimes work cooperatively in movement contexts. • Demonstrates sound performance technique and sound motor skills 	C 10 - 13
<ul style="list-style-type: none"> • Demonstrates limited leadership skills and shows an inconsistent approach to theory and practical lessons. • Demonstrates a basic performance technique and elementary motor skills 	D 6 - 9
<ul style="list-style-type: none"> • Unsatisfactory/ non-attempt to complete the AFL clinics. 	E 0 - 5
Part C	Mark
<ul style="list-style-type: none"> • Extensively analyses the elements of a successful coach, produces highly informative and engaging oral presentation. 	A 18 - 20
<ul style="list-style-type: none"> • Througougly analyses the elements of a successful coach, produces an informative oral presentation. 	B 14 - 17
<ul style="list-style-type: none"> • Demonstrates the elements of a successful coach, produces a sound oral presentation. 	C 10 - 13
<ul style="list-style-type: none"> • Lists the elements of a successful coach, produces a basic oral presentation. 	D 6 - 9
<ul style="list-style-type: none"> • Unsatisfactory/ non-attempt to complete or submit the Case Study 	E 0 - 5

AFL lesson plan template - Part B

Name:

Skill focus:

Activity 1:

Equipment needed:

Explanation:

Diagram:

Activity 2:

Equipment needed:

Explanation:

Diagram:

TASK DESCRIPTION- CASE STUDY

Part C- Case Study (20 marks)

Students will individually select a successful professional coach and produce an oral presentation analysing the elements of their success. Students will be offered an assessment task rubric to assist them with their presentation.

	PRESENTATION SKILLS	INFORMATION	KNOWLEDGE	USE OF TECHNOLOGY
OUTSTANDING	Engagement with audience Eye Contact Excellent voice tone and quality	Highly informative Outstanding analysis skills Relevant sources with correct referencing	In depth knowledge of content Extensively addresses all 7 specific criteria	Uses technology to aid presentation exceptionally
HIGH	Engagement with audience Consistent eye Contact Clear voice tone and quality	Highly informative Outstanding analysis skills Relevant sources with correct referencing	In depth knowledge of content Addresses all 7 specific criteria to a high standard	Uses technology to aid presentation at a high standard
SOUND	Sound audience engagement Minimal eye Contact	Highly informative Outstanding analysis skills sources with correct referencing	Sound knowledge of content Addresses most of the specific criteria to a sound standard	Uses technology to aid presentation at a sound level
BASIC	Basic attempt to address the audience Unclear voice projection	Basic attempt to analyse coach Less than 3 references available	Basic knowledge of content Addresses some of the specific criteria	Limited use of technology to aid presentation
LIMITED	Non-serious attempt to present speech	Minimal attempt to present accurate information Incorrect or no referencing	Minimal knowledge of content without addressing criteria	No use of technology to aid presentation exceptionally

Referencing: list reference in alphabetical order with: title, author names, date of publication, web address and date you sourced it.

Use at least 3 different sources of information.

Successful Professional Coach Presentation

Planning Rubric

- **Date and place of birth:**

- **Personal background training and experience:**

- **Professional playing record and achievement:**

- **Professional coaching record- list teams, games coached and major outcomes for each:**

- **Most notable awards and career achievements:**

- **Describe their coaching style- 1) Autocratic-dictator-& controlling, 2) Democratic- allows player input and cooperation, 3) laissez-faire- unstructured & indecisive. Justify why you chose this style:**

- **Describe 2 significant coaching strategies they implemented and explain why they were so successful:**
