

Year 9/10 Sports Coaching

Semester 1 Course Outline

This semester students will develop the knowledge and skills relating to the theory and practice of coaching. They will explore the theoretical components of coaching styles, the basic structure of a coaching session, coaching for individual needs (closed vs. open skills, teaching games for understanding), sports injuries and prevention and an introduction to sports psychology (communication and player motivation). Students will apply the theory to practice through mini peer coaching sessions and planning, facilitating and evaluating a series of coaching sessions with primary school students.

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- 9/10.1084 - Demonstrates leadership, fair play and cooperation across a range of movement and health contexts
- 9/10.1087 - Applies criteria to make judgements about and refine own and others' specialised movement skills and movement performances
- 9/10.1088 - Works collaboratively to design and apply solutions to movement challenges

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Coaching Assignment 1 - Warm Ups, Closed and Open Skills	Term 1 - 8 & 9
Primary Schools Coaching Sessions	Term 2

*Due dates are an estimate only

Teachers: Kate Cecere and James Farrell

Executive Teacher: Kay Paten