



**UNIT 2  
SPORTS  
COACHING  
AND  
ACTIVITY  
LEADERSHIP**

**CAMBRIDGE TECHNICALS LEVEL 3  
SPORT AND PHYSICAL ACTIVITY**



Any issues with this task contact Ms Wild

Your task is to have a go at your first piece of coursework. In your first couple of lessons we will be going through this and you will be self-evaluating your own work annotating it for areas you need to develop ready for a final hand in to be assessed by me.

**You will find the following pieces of information over the next few pages**

1. Learning outcomes-what you will learn
2. Your task-what you need to do- found on page three
3. Content-this is what you need to evidence in your work and show an understanding of
4. Grading criteria grid-What pass, merit, distinction work you are being assessed against

Any questions email Miss Wild- [jwild@nailseaschool.com](mailto:jwild@nailseaschool.com)

**To get you started-Think of as many good leaders as possible- note them down**

<https://www.youtube.com/watch?v=1aHY8rfwfQQ>

**Why did you choose these? What makes them good leaders? What skills/qualities do they have?**

**Learning Outcome 1:** Know the roles and responsibilities of sports coaches and activity leaders

**Learning Outcome 2:** Understand principles which underpin coaching and leading

**Your task is to:** Prepare for an interview at Sportasaurus Ltd. in which you will be asked questions about the roles and responsibilities of sports coaches and leaders, how they differ from each other and from those of Physical Education teachers, as well as how sports coaches and leaders can help support healthy, active lifestyles. As part of the interview process you will have to deliver a presentation on the principles that underpin coaching and leading. These should include the principles of leadership, group dynamics and the attributes of coaches and leaders.

The points contained below is the specification (content) for the course you will be following. Use it as a checklist and tick off in the right hand column when you think you have covered this point in your work for example 1.1.

- Tasks 1 and 2 are to be completed as separate pieces of work.

Tasks	CONTENT	✓
<p>1. Know the roles and responsibilities of sports coaches and activity leaders</p>	<p>1.1 Roles of sports coaches and activity leaders (e.g. role model, motivator, planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser)</p> <p>1.2 Responsibilities of sports coaches and activity leaders (e.g. sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity)</p> <p>1.3 How the roles and responsibilities involved in teaching and delivering sport differ, i.e.</p> <ul style="list-style-type: none"> <li>• sports coach (e.g. focus more on performance and reaching the peak, are usually focused on one sport, may work with a broad range of abilities from beginners to elite performers, may use a range of analysis techniques to enhance performance)</li> <li>• sports/activity leader (e.g. concerned with 'sport for all', about taking part and being active rather than skill development, often across a range of activities, may not be sports based)</li> <li>• PE Teacher (e.g. focus on health and wellbeing, have to teach more than one sport, have a broader social responsibility, within the constraints of the curriculum and school/college policies)</li> <li>• Differences between coaches, coaching assistants and officials</li> </ul>	

Grading criteria grid-What pass, merit, distinction work you are being assessed against

	Pass	Merit	Distinction
<b>LO1. Know different types of sports events and their purpose</b>	P1: Describe the roles and responsibilities of sports coaches and activity leaders		
	P2: Describe how sports coaches and activity leaders support a healthy active lifestyle		
	P3: Compare the different roles and responsibilities of those involved in teaching and delivering sport		

### What you need to do

- Set up OCR L3 folder, inside create a unit 2 folder in this save the word doc as Learning Outcome 1

### On a word document.

- Title to your work-Learning Outcome 1 Know different types of sports events and their purpose
- Insert page numbers at the bottom centre of the page. (to do this go to the top of the word doc to insert, page number use drop down arrow click bottom of page, plain number two, close header/footer)
- Place your name top left of the page

Every type of leader uses the following roles and responsibilities in different ways. You need to research each of the following shown below. Write a small paragraph for each to describe what the role is use an example for how a coach, sports leader or PE teacher would use this role when leading sessions. Throughout make sure you use a variety of examples involving a coach, PE teacher and sports leader.

### Side title -Roles:

- Role model, motivator, planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser
  - What are each of the roles?
  - Use an example of sports leaders and coaches how they use the role successfully when leading

### Responsibilities

- What are the responsibilities?
- Use an example of sports leaders/PE teachers/coaches how the responsibility used successfully can have a positive impact on a session
- If you failed to fulfil the following responsibilities, why would that cause problems within your session?

Sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity.

**Side title responsibilities** as you have for the roles part now do the responsibilities part following on from the roles.