| **SPORTS + PATHWAY LONG TERM PLAN** |
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| **PFA:** **EMPLOYMENT****INDEPENDENT LIVING****HEALTH****COMMUNITY INCLUSION** | **FOCUS /TARGET AREAS**COMMUNICATION & LITERACYPERSONAL, SOCIAL & EMOTIONAL DEVELOPMENT ENRICHMENT LIFE AND LIVING SKILLS GROUP / CO-OPERATION SKILLSOCR LIFE & LVING SKILLS  |
| **PATHWAYS** | **SPORTS +** |
| **TOPICS/TERMS** | **AN INTRODUCTION TO COACHING** |
| **AUTUMN** |  |
| **KEY OBJECTIVES / AIMS:** * To obtain current coaching knowledge from groups via group discussion
* To take part in **(with a view to lead)** a warm up session
* To be aware of the need for a warm up before sport and why this is important.
* To identify areas of health and safety within sport and why things like risk assessments are important.
* Identify different PE equipment and know which are required for different sports.
* Develop prior knowledge of skills connected to different sports, in order to implement them across different sessions.
* To be able to follow, understand and explain the rules of a game
* To be aware that a coaching session includes 4 elements; warm up, main activity, cool down, Q&A to understand what has been learnt
* Identify what qualities are needed to become a competent coach
* To understand what the aim of a coaching session is and a clear objective to be achieved.
* To lead a warm up activity to their peers.
 | **SUPPORTING ACTIVITIES:** * Join in with warm up sessions lead by a coach.
* Have regular discussions about the importance of warming up/cooling down. Share ideas with class.
* Discuss health and safety areas when playing sport – e.g correct clothing, footwear, equipment etc
* Take part in different sports making note of the equipment used. Make a list of different equipment used in sport
* Discuss skills learnt in different coaching sessions.
* Mind map skills that are linked to different sports
* Take part in coaching sessions to learn new skills.
* Take part in coaching sessions paying attention to the rules for simple games. Answer questions on the rules for the game.
* Explain the rules to a peer.
* Take part in a coaching session that includes a warm up, main activity and cool down.
* Discuss after a coaching session what was good/could be improved, likes/dislikes.
* Join in coaching session that communicates its aim at the start of the session and pupils to feedback at end regarding how they met the aim of the session.
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| **SPRING**  | **PLANNING A COACHING SESSION**  |
| **KEY OBJECTIVES / AIMS:** * To state/list the reasons for a warm up
* To know how to warm up the different parts of the body
* How to conduct themselves in a coaching session – e.g wearing correct clothing and checking equipment etc
* To research different drills to teach
* To be aware and able to explain the basic rules of a game
* To know what the 4 main elements of a coaching session are and state them.
* Plan a coaching session that include a warm up, activity and cool down and deliver it to their peers
* To be aware of the equipment required to teach a sporting activity and the quantity needed.
* To identify some aims that could be taught in a coaching session for a particular sport
* Self evaluate their session and suggest areas for improved performance.
 | **SUPPORTING ACTIVITIES:** * Shadow a warm up lead by a coach.
* List the areas of the body that can be warmed up.
* Explain to an adult areas of health and safety that need to be considered before carrying out a coaching session.**(check for jewelery, risk assessment etc)**
* Take part in coaching sessions that model how to teach skills for a particular sport.
* Use the internet to watch videos on teaching of skills.
* Take part in coaching sessions that teach the basic rules of a game.
* Explain to an adult the 4 main areas of a teaching session.
* Using a proforma plan an coaching session that identify a warm up including 4 stretches, an activity and a cool down. Within the plan include an aim for the session and a list of equipment needed. Also highlight areas of health and safety that need to be taken into consideration.
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| **SUMMER** | **DELIVERING A COACHING SESSION/OBTAINING A LEVEL 1 COACHING QUALIFICATION** |
| **KEY OBJECTIVES / AIMS:** * Undertake a level 1 coaching qualification course.
* To lead a warm up session (with support)
* To communicate reasons for a warm up to a group of students
* To know the main areas of the body to warm up for particular sports
* To be able to demonstrate 4 different stretches
* To communicate with a group health and safety requirements – e.g checking participants are wearing the correct clothing, highlighting them to dangers, explaining the importance of a warm up
* To model drills to a group to teach a skill
* To explain the rules of a game to a group
* To deliver a coaching session that include a warm up, main activity and cool down following a plan.
* To explain to a group the aim of a coaching session.
* Ensure equipment for a coaching session is suitable.
* Lead a session with clear demonstrations
 | **SUPPORTING ACTIVITIES:** * Lead a warm that includes 4 stretches, during which the student explains the importance of warming up (to stop injury and prepare bodies for exercise).
* Ensure participants are wearing correct footwear, clothing.
* Check the location for dangers
* Check equipment is suitable for the sport.
* Design and follow a plan to lead a coaching session that includes the learning of a new skill through drill that the pupil models.
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| **WIDER CURRICULUM LINKS** |
| **SCIENCE**Awareness of body and the effects of physical exercise |
| **COMMUNICATION / ENGLISH**COMMUNICATION SKILLS – Students will be developing a range of communication skills through a wide range of experiences. E.g. group discussion, leading groups etc |
| **SMSC / ENRICHMENT** ENRICHMENT – Students will have the opportunity to take part in various sports coaching experiences Mental health – Physical exercise is known to improve mental health  |
| **ACCREDITATION LINKS**  |
| **OCR LIFE & LIVING SKILLS**  |
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| **2021-2022 SPORTS+ GROUINGS** |
| TYERESSE | WILLIIAMS-GARDENAR |
| ANTHONY | JOHNSTON |
| JAKE | JOHNSTON |
| JAIDEN | CARTEY |
| CHARLIE | McDONALD |
| DEMETRIUS | ANTONIOU |
| HAMZA | DAKANE |
| CHANTELLE | VAUGHN |
| MICHAEL | HALL |
| ROWAN | ROSEMAN |
| ALIN | PACESILA |
| AMY  | FRENCH |
| ARMANDAS | JABLONSKI-CIBULSKIS |
| AYSE | DURSUN |
| DANIEL | GONZALEZ-CORREA |
| DYLAN | THOMAS |
| JARED | GOUVEIA |
| KYRIACOS | HYLTON |