

Unit 6 Learning Aim B

Pass 3 = Create 2 **detailed** lesson plans

Merit 3 = **Justify** the choice of activities within your two lesson plans (these need typing up in detail!)

Pass 4 = With support, **lead** your two coaching session

Merit 4 = **Lead a successful** sports activity session

Keywords

- Safety
- Enjoyment
- Organisation
- Injury
- Progress
- Develop skills
- Control group
- Demonstrate
- Effectively
- Use of space
- Time
- Enthusiasm
- Conditioned game
- Technique
- Cool down
- Evaluate

Justify = Give reasons for the points you are making so that the marker knows how you arrived at that conclusion.

Leading can be challenging use the skills, qualities and responsibilities learned in learning aim A to coach

- S** – Space – Is the space appropriate for the activity?
- T** – Task – How will you communicate the task?
- E** – Equipment – What equipment will you need?
- P** – People – How will you organise the group ?

What to include in your lesson plan?

- Session aim/objective (what you want to teach)
- Equipment needed
- Warm up
- Main component (can be more than 1 drill and game)
- Cool down
- Timings
- Knowledge of group
- Health and Safety concerns
- Questionnaire/feedback (this will be required for final learning aim)

