

Knowledge Organiser

UNIT 6 LEADING SPORTS ACTIVITIES

BEING THE BEST COACH I CAN BE

REVIEW

Leading

- Have I demonstrated key qualities and attributes of a coach?
- Have I Completed the core responsibilities and wider responsibilities that I should have done to ensure that my participants are safe?

- Feedback from participants, supervisor, observers, self-analysis.
- Methods, e.g. questionnaires, comment cards, observation records, direct verbal feedback.
- Strengths and areas for improvement (demonstration of attributes, completion of responsibilities, e.g. planning, content, organisation, health and safety, achievements).

Measures of Success

- Have I included everything in my session that I planned for
- Have I Met the set aims and objectives that were set out at the start of the lesson.
- Am I as organised as I can be with equipment and planning for my participants?
- Is my session safe, taken into consideration the environment and equipment being used?

TARGETS FOR DEVELOPMENT

- SMARTER targets (specific, measurable, achievable, realistic, time-related, exciting, recorded).
- Development plan which includes aims and objectives, goals, SMARTER targets, activities and opportunities, e.g. training, courses, qualifications or possible barriers