

ASSESSMENT TASK NOTIFICATION

	<p>SUBJECT: PASS</p> <p>YEAR GROUP: 10</p> <p>TASK TITLE: Research and Lesson Plan Design</p>	<p>_____</p> <p style="text-align: center;">Student Name</p> <p>_____</p> <p style="text-align: center;">Submitted to</p>
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Name of Unit:	Coaching		
Type of Task:	Research and Lesson Plan Design		
Due Date:	Term: 3	Week: 7	
Weight	30%		

OUTCOMES ASSESSED	<p>3.1 demonstrates actions and strategies that contribute to enjoyable participation and skillful performance</p> <p>4.1 works collaboratively with others to enhance participation, enjoyment and performance</p> <p>4.2 displays management and planning skills to achieve personal and group goals</p>
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DESCRIPTION OF ACTIVITIES

PART A: Research a Sport

1. You will be allocated a sport from the following: -
Softball, Rugby, Australian Rules, Hockey, Soccer, Basketball.
2. Imagine you are the coach of this sport. List 5 attributes that you would consider vital to be a competent coach of this sport. Justify your answers.
3. List 5 Components of Fitness required to participate in your allocated sport.
 - Explain why each component is important for the sport.
 - Indicate if the component is skill related or fitness/health related.
 - Define the difference between skill and fitness/health related components.

PART B: Design a Series of Lessons

NOTE: Part B is separate to Part C.

Due Date:

1. Design 5 lesson plans that can be used to teach a practical skills unit of work on a sport. Your target group is Primary School students.
2. The lessons should cover the major skills of the sport. You have approximately 16 students to teach in your class.
3. Commence each lesson on a new page and use the lesson plan sheets supplied by your teacher or a copy of it.

PART C: This is the coaching of the Primary Students

During Sport Science lessons

- Prepare and teach, as part of a group, one coaching session for an allocated sport.
- You will coach the same lesson to 4 different groups over 4 weeks.
- The lesson needs to have

1. A Warm up	(stretching and minor games)
2. Skills Practice	E.g. Passing drills/Kicking drills etc.

3. Minor Games	Minor games should incorporate the skills learnt in the practice.
4. Warm down	Slow stretches.

MARKS WILL BE AWARDED FOR THE FOLLOWING:-

- Organization – people and equipment
- Instruction/Demonstrations
- Safety
- Knowledge of Content

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PART A

CRITERIA	GRADE
Lists 5 very plausible attributes essential to be a coach for their sport and justifies the attributes very logically and concisely. Lists five components for each sport. Explains using technical language why each component is important for the sport. Correctly classifies if the component is skill or health related. Provides a very accurate definition between skill and health related components.	A
Lists 5 plausible attributes essential to be a coach for their sport and justifies the attributes logically and concisely. Lists five components for each sport. Explains using technical language why each component is important for the sport. Correctly classifies if the component is skill or health related. Provides an accurate definition between skill and health related components.	B
Lists 5 plausible attributes essential to be a coach for their sport and justifies the attributes. Lists five components for each sport. Explains why each component is important for the sport. Correctly classifies if the component is skill or health related. Provides a definition between skill and health related components.	C
Attempts some of the following :Lists attributes to be a coach for the sport and justifies attributes. Lists components for each sport. Attempts to explain why each component is important for the sport. Classifies if the component is skill or health related.	D
Makes little or no attempt to complete in a meaningful manner.	E

PART B

CRITERIA	GRADE
The 5 lesson plans are excellently presented. They display very clear, concise logical progression from lesson to lesson.	A
The 5 lesson plans are very well presented. They display clear, concise logical progression from lesson to lesson.	B
The 5 lesson plans are reasonably well presented with varying skills from lesson to lesson.	C
Lessons presented are complete and cover the basics of the skill to be learnt.	D
A basic attempt to complete some lessons.	E

PART C

CRITERIA	GRADE
Lesson supplied is of a high standard. The individual is very well organised, works as part of the group, but is also a leader. Displays exemplary skills as a coach, and is very enthusiastic.	A
Lesson supplied is of a high standard. The individual is well-organised, works as part of the group, but is also a leader. Displays good skills as a coach, and is enthusiastic.	B
Lesson supplied is of a good standard. The individual is organised, works as part of the group. Displays skill as a coach, and is willing to participate in activities.	C
Lesson supplied is of a good standard. Works as part of the group sometimes. Displays some skill as a coach, but at times opts out of activities.	D
Makes little or no attempt to participate in coaching lessons or help the group.	E