

SLUK Level 1 Award in Sports Leadership Course **Coaching Highland – Example Course Outline**

Planning, Preparing and Assisting A Simple Sporting Activity

Session 1

- Watch SLA video.
- Introduce aims and objectives of course and expectations of candidates.
- **Practical:** Work in an ice breaker and Complete **Worksheet 1**.
- Explain and fill in logbook details.
- Establish ground rules for feedback phases etc.
- Give ideas of experiences likely to happen during the award.

Session 2

- Complete **Worksheet 2**.
- Run 'In at the deep end exercises with cards. Bring out the point of planning and not cuffing it.
- **Practical:** Students given time to invent games with limited equipment, expand on ideas etc. Also point out that there are many safety considerations and expand as necessary. Highlight any improvements that could be made to games.

Session 3

- Cover in detail, planning, organising and running a session, issue blank plans etc.
- Read through **Worksheet 3**; Observation task and explain, giving examples.

Practical: Candidate lead (Throw and Catch exercise in small gps) then finish.

Session 4

- Carry out **Worksheet 4**; Planning Task.
- Go through Ten Commandments of a good sports leader.
- **Practical;** Tutor lead warm up. Highlight points that need to be considered.
- Discuss **Worksheet 5** with regards to previous practical demonstration and fill in for next session, candidates phase.

Sessions 5 & 6

- **Practical:** Candidates to carry out prepared short warm ups. Discuss Worksheet 5 and hand in. Complete **Worksheet 6** and split gps into; Lead-Observe-Prepare.

Session 7

- **Practical:** Candidates to carry out prepared short warm ups. Discuss Worksheet 5 and hand in. Complete **Worksheet 6** and split gps into; Lead-Observe-Prepare.

Once completed ensure all relevant points have been clearly understood.

Basic Communication Skills For Leading A Sporting Activity

Session 8

- **Practical:** Carry out exercise 1 in TRP – Verbal Projection exercise.
- **Practical:** Carry out exercise 2 in TRP – Mirror drawing; give instructions/rules.
- Discuss verbal and non-verbal feedback communication: Use of the whistle' start of the session, communicating with individuals, control, stopping the whole gp, frequency of communication and the leader's positioning.
- **Practical: Run various Communication Games**
 - Stop the game.
 - Verbal drill
 - Non Verbal drill
 - Blindfold Games.

Session 9

- **Practical:** Tutor lead session (the lay up shot) then fill in worksheet 7.
- **Practical:** In pairs students to plan a simple 'skill phase' to deliver in next few sessions.

Sessions 10 & 11

- **Practical:** Take volunteer candidates to run a short phase/stage of an activity for small groups. Complete **Worksheet 8** within groups and feedback. Also get the session leaders to self evaluate their own performances.

Session 12

- Discussion and give practical feedback tips, regarding correct Communication skills to make sure the key elements have been clearly understood.

Principles And Practice In Delivering A Basic Health And Fitness Session

Session 13

- Explain syllabus for Unit 3 and intentions and expectations.
- Cover TRP Session 1: Discuss the benefits of regular exercise, factors that have a major effect on health.
- Carry out a survey of family/friends to report for the next session. Be prepared to explain constraints and solutions.
- Prepare a fitness orientated activity (as directed by tutor) for the next session.

Session 14

- Choose a few key candidates to give feedback on survey and collect other surveys in.
- **Practical:** Complete TRP Session 2:
- **Research and be prepared to feedback or demo the following at the next session:**
 - The Harvard step test.
 - Sit and reach.
 - Standing long jump.
 - Grip strength.
 - Multi stage fitness tests (variants)
 - Circuit Training.
 - ***Give advantages and disadvantages of the various fitness tests.***

Session 15

- **Practical:** Various types of tutor lead fitness sessions.
- Complete **Worksheet 9**; Discuss outcomes as a course.
- Plan a 10-15 min Session using **Worksheet 10** for the next session.

Session 16

- **Practical:** Candidate led Circuit Training activities for P4 – P7.
- Complete various elements of **Worksheet 11**.

Session 17

- **Repeat Practical:** Candidate lead Circuit Training activities for P4 – P7.
- Complete various elements of **Worksheet 11**.

Understanding Fair Play In Sport

Session 18

- Introduction to Unit 4. Discussion with group.
- Discuss and invent cards using the ethos of Fair Play Charters.
- Discuss and give practical examples of fair play in games and expand on examples from candidates.

Session 19

- **Practical:** Run and Complete **Worksheet 12**; use a simple passing game in small groups with observers.
- Role of the Official.

Understanding The Role Of The Sports Official

Session 20

- Discuss the syllabus for Unit 5, incorporating a discussion and expansion on the following:
 - Role of the official.
 - Rules and regulations.
 - Observation and interpretation.
 - Delivery of task. – **Practical simple game refereeing**

Session 21

- Either watch a recorded footage of a referee of a game playing or a tutor/candidate lead match; Candidates to fill in **Worksheet 13** and openly discuss and advise as necessary.
- Complete in **Worksheet 14** in pairs prior to next session

Session 22 & 23

- **Practical:** Candidate to lead Potted Sports Competition using participants from areas P4 – P7.
- Using information given on **Worksheet 14** from previous session.
- Complete and prepare an activity from **Worksheet 15** as individuals prior to next session.

Session 24 & 25

- **Practical:** Run events as selected from list and then carry out worksheet 16 evaluation tasks.
- **Practical:** Each student will referee a part of a game (at least 10 mins)
- Candidates to draw up a list of local club or leisure and fitness organisations. Fill in **Worksheets 17/18**.

Understanding The Scope Of Local Sport And Recreation Activity

Session 26

- Introduction to syllabus for Unit 6 and details.
- Feedback on local agencies exercise and either a visit to a health club/venue or ASC briefing on activities/facilities available for Leaders.
- Discuss various outlets and opportunities after the SL course.

Demonstration Of Leadership Skills In Sport

Session 27

- Introduction to Unit 7
- Discussion and make plans for Sports/ Recreational Activities as directed/agreed with the tutor
- This phase would include external teaching outside of the candidates peer group and would be independently witnessed by this group's manager.
This will also include group feedback through by the Independent Witness and self analysis by the candidates.

Session 28, 29 & 30

- Candidates are to deliver their planned and agreed activities to the respective groups as arranged by the tutor.

Note:

If required, this phase will give the EV from SLUK an opportunity to see candidates Whilst they are actively delivering their activities.