



Chester Hill High School

Strength in Unity, Excellence in Education

Year 10 Assessment Task - PASS

Course:	PASS	Year:	10
Topic:	COACHING		
Assessment Name:	Coaching Assessment Task - Written lesson plan and practical application		
DATE DUE:	Term 3, Week 2: Submitted in class	Total Mark/Weighting	20%
STUDENT NAME:			
Progress Check FEEDBACK	<input type="checkbox"/> Select two (2) fundamental movement skills <input type="checkbox"/> Demonstrate introductory research using accurate resources to assist in completing the lesson plan <input type="checkbox"/> Find images that assist in demonstrating the fundamental skills selected <input type="checkbox"/> Assess the lesson plan proforma via the assessment hub <input type="checkbox"/> Other: _____		
Progress Check Date:		Marks	

I certify that

- This assignment is my own work, based on my personal study and/or research.
- I have **acknowledged all material and sources used in the preparation** of this assignment in a **reference list**.
- Submitted assignments based on group work are not the same as other students' work.
- I have not plagiarised (copied) in part, or in whole the work of other students.
- I have read and I understand the success criteria used for this assessment
- **I have kept a copy of my assignment and the receipt.**
- I understand that a copy of my assignment may be kept and used to make comparisons with other assignments in the future.

Student's Signature: Date:



Assessment Task Student Receipt

(This receipt should be kept as proof of assessment submission)

FAMILY NAME:	GIVEN NAME:
TEACHER: Kramer / Hammad / Brennan / Krlevska / Wuergatsch	CLASS:
DATE DUE:	DATE SUBMITTED:
TITLE OF TASK:	TEACHER'S SIGNATURE:

Task Information

Important idea(s) being explored:	Coaching involves planning, implementation and evaluation of targeted intervention according to specific needs of a sport. An effective coach needs to adapt their coaching style to suit the needs of their playing group and display sound leadership and communication skills.
Skills, Knowledge and understanding being demonstrated:	<ul style="list-style-type: none"> • Develop the personal skills to participate in physical activity and sport with confidence and enjoyment • Develop a foundation for efficient and enjoyable participation and performance in physical activity and sport • Enhance the participation and performance of themselves and others in physical activity and sport • Develop a commitment to lifelong participation in physical activity and sport • Appreciate the enjoyment and challenge of participation in physical activity and sport • Develop a commitment to lifelong participation in physical activity and sport • Appreciate the enjoyment and challenge of participation in physical activity and sport • Value the contributions of physical activity and sport to wellbeing and society.
Task Requirements:	<p><u>WRITTEN LESSON PLANS</u> <i>Produce 2 lesson plans</i></p> <ol style="list-style-type: none"> 1. In a group of 3, choose a sport 2. Decide on what fundamental movement skills are required 3. Choose TWO skills to teach in TWO separate lessons 4. In each lesson you must include (use the proforma attached):- <ul style="list-style-type: none"> • Lesson goal or aim • Equipment needed • Explain how you might demonstrate the skill using diagrams and words (Teaching Points) in a drill or modified game • Cool down • Evaluation – These are questions you would ask yourself as a coach on the effectiveness of the lesson after execution of it. (At least 3) • Plan B – This is an alternative plan for unplanned occasions, such as rain, lesson shortened or faulty equipment. (At least 4) <p>EXTENSION: Use other visual aids (photographs, videos, etc. to demonstrate skills in lesson)</p> <p><u>PRACTICAL APPLICATION</u></p> <ul style="list-style-type: none"> • In your group of 3, students will be asked to teach one skill (<u>from your lesson plan</u>) to about four Year 7 students. <p style="text-align: center;"><u>Additional Information</u></p> <ol style="list-style-type: none"> 1. Students must complete the TWO lesson plans in a group of 3 students and hand in their OWN printed copy 2. Students can access the lesson plan proforma via the assessment hub 3. Students will teach a skill from the lesson plan to a small group of year 7 students 4. An N Determination will be given for non-completion of this task. 5. Correct PASS terminology must be used in the lesson plans.

Syllabus Outcomes:

- 3. Enhance the participation and performance of themselves and others in physical activity and sport
- 3.1 Demonstrates actions and strategies that contribute to enjoyable participation and skilful performance
- 4. Develop the personal skills to participate in physical activity and sport with confidence and enjoyment
- 4.1 Works collaboratively with others to enhance participation, enjoyment and performance
- 4.2 Displays management and planning skills to achieve personal and group goals
- 4.3 Performs movement skills with increasing proficiency
- 4.4 Analyses and appraises information, opinions and observations to inform physical activity and sport

Feedback from student about task:

I spent _____ hours working on this task.

The hardest part of this task was _____

The easiest was _____

What I have enjoyed most about learning in *PASS* is _____

Learning in *PASS* could be improved if:

Dear teacher, I need help in the following areas:

Success Criteria

Elements	Specific Criteria	Mark /Grade				
		A	B	C	D	E
Understands the big idea(s)	Choosing appropriate skills for sport					
	Planning and demonstrating the skill					
	Implementing the delivery of the lesson					
	Evaluating the delivery of the lesson					
Literacy / Numeracy skills assessed	Use proforma on assessment hub					
	Uses correct spelling and grammar					
Processes	Clear accurate language of instruction/ demonstration					
	Collaboration/cooperation in groups					
	Researching skills for chosen sport					
	Writing lesson plan using appropriate format					
	Using effective visual aids					
	Awareness of issues that may arise and steps to minimise disruption of lesson					
	Instructing students clearly and effectively					
	Use effective questioning to evaluate lesson					
Demonstrates Skills Knowledge and Understanding	3.1 Demonstrates actions and strategies that contribute to enjoyable participation and skilful performance					
	4.1 Works collaboratively with others to enhance participation, enjoyment and performance					
	4.2 Displays management and planning skills to achieve personal and group goals					
	4.3 Performs movement skills with increasing proficiency					
	4.4 Analyses and appraises information, opinions and observations to inform physical activity and sport					

Marking criteria

a) WRITTEN LESSON PLANS (18 Marks)

Develops appropriate equipment list	1 mark
Provides an effective warm up routine	1 mark
Clearly and effectively explains skill required with the use of visual aids (e.g., diagrams, illustrations, photos, videos, etc.)	4 marks
Clearly explains modified game	4 marks
Provides an effective cool down routine	1 mark
Effectively develops at least 3 questions to evaluate the practical application of their lesson plan	3 marks
Outlines 4 examples of alternative arrangements for the lesson (Plan B – If normal lesson is not possible, e.g., rain)	4 marks
TOTAL	18 marks

b) PRACTICAL APPLICATION (10 Marks)

Identifies appropriate equipment	1 mark
Demonstrates safe use of equipment	1 mark
Uses clear instructions	2 marks
Effectively demonstrates a skill using equipment and/or visual aids	2 marks
Provides the opportunity for effective practice	2 marks
Provides effective feedback to Year 7 students	2 marks
TOTAL	10 marks

TOTAL (28 Marks)

0 – 1 (E)	2 – 4 (D)	5 – 6 (C)	7 – 8 (B)	9 – 10 (A)
Limited understanding demonstrated in practical application. Demonstrated limited skills in the following area(s): Selecting and using equipment, providing clear verbal or visual instruction, opportunity for practice and feedback provided.	Basic understanding demonstrated in practical application. Demonstrated basic skills in the following area(s): Selecting and using equipment, providing clear verbal or visual instruction, opportunity for practice and feedback provided.	Sound understanding demonstrated in practical application. Demonstrated sound skills in the following area(s): Selecting and using equipment, providing clear verbal or visual instruction, opportunity for practice and feedback provided.	Thorough understanding demonstrated in practical application. Demonstrated thorough skills in the following area(s): Selecting and using equipment, providing clear verbal or visual instruction, opportunity for practice and feedback provided.	Extensive understanding demonstrated in practical application. Demonstrated outstanding skills in the following area(s): Selecting and using equipment, providing clear verbal or visual instruction, opportunity for practice and feedback provided.

FEEDBACK from Teacher:

Completion of assessment during allocated class time. Excellent Moderate Limited

Teacher Signature		Mark	
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Sport Coaching Lesson Plan Template

Names:		Class:	Teacher:
Date:	Attendance:		Equipment needed:
Venue:			
Duration:			
Introduction (aims for session, reminders):			
Warm Up Activities: refer to appendix 1	Drills and skills 1: Refer to appendix 2		Cool Down Activities: refer to appendix 5
Coaching Tips/questions/challenges:	Drills and skills 2: Refer to appendix 3		Sports Injury Prevention Notes:
	Modified game: Refer to appendix 4		
Review/Evaluation:			

Appendix 1- Warm up

Description

Diagram

Adaptations/Modifications.....

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Appendix 2-Drill 1

Description

Diagram

Adaptations/Modifications.....

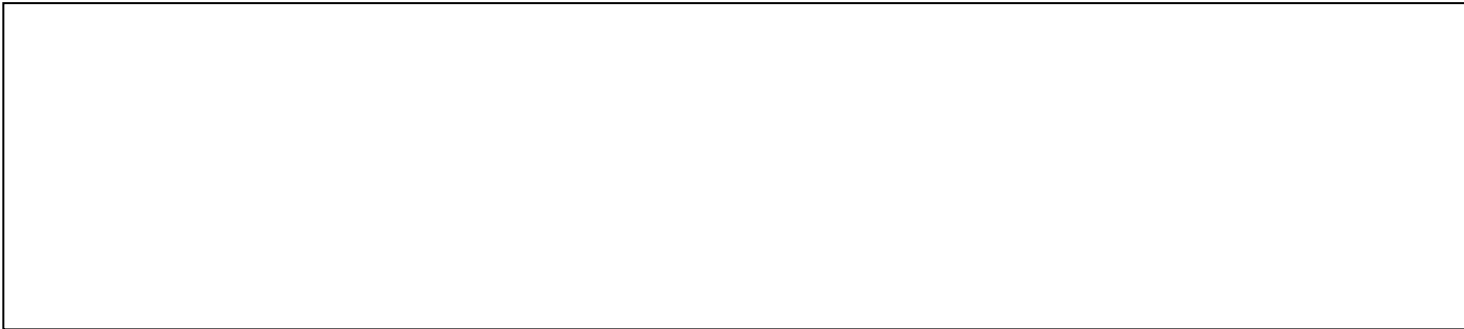
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Appendix 3-Drill 2

Description

A large, empty rectangular box with a black border, intended for a description.

Diagram

A large, empty rectangular box with a black border, intended for a diagram.

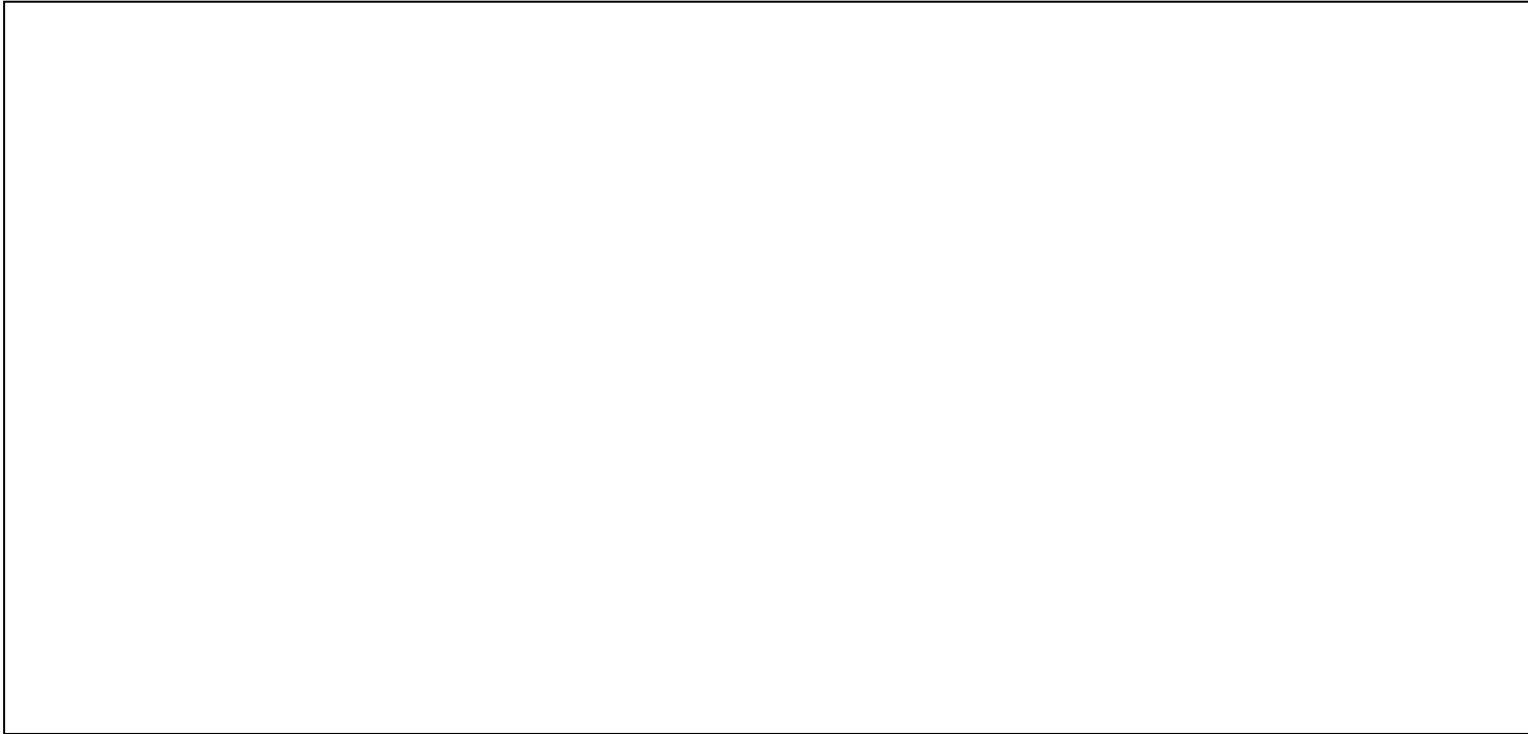
Adaptations/Modifications.....
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Appendix 4-Modified game

Description-

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Diagram



Adaptations/Modifications.....
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Appendix 5- Cool down -Conclusion

Description-

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Diagram



Sport Coaching Lesson Plan Template

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Date:	Attendance:		Equipment needed:
Venue:			
Duration:			
Introduction (aims for session, reminders):			
Warm Up Activities: refer to appendix 1	Drills and skills 1: Refer to appendix 2		Cool Down Activities: refer to appendix 5
Coaching Tips/questions/challenges:	Drills and skills 2: Refer to appendix 3 Modified game: Refer to appendix 4		Sports Injury Prevention Notes:
Review/Evaluation:			

Appendix 1- Warm up

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Diagram

Adaptations/Modifications.....

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Appendix 2-Drill 1

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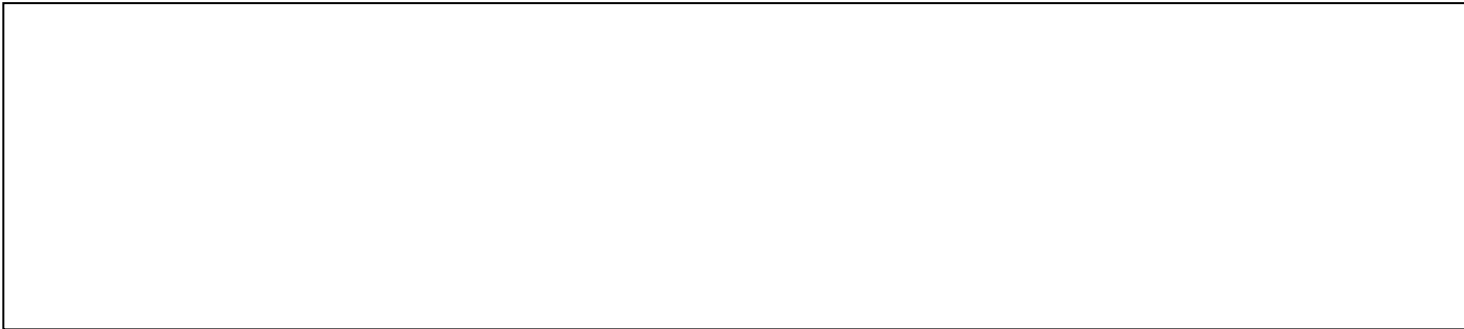
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Appendix 3-Drill 2

Description

A large, empty rectangular box with a thin black border, intended for a description of the drill.

Diagram

A large, empty rectangular box with a thin black border, intended for a diagram of the drill.

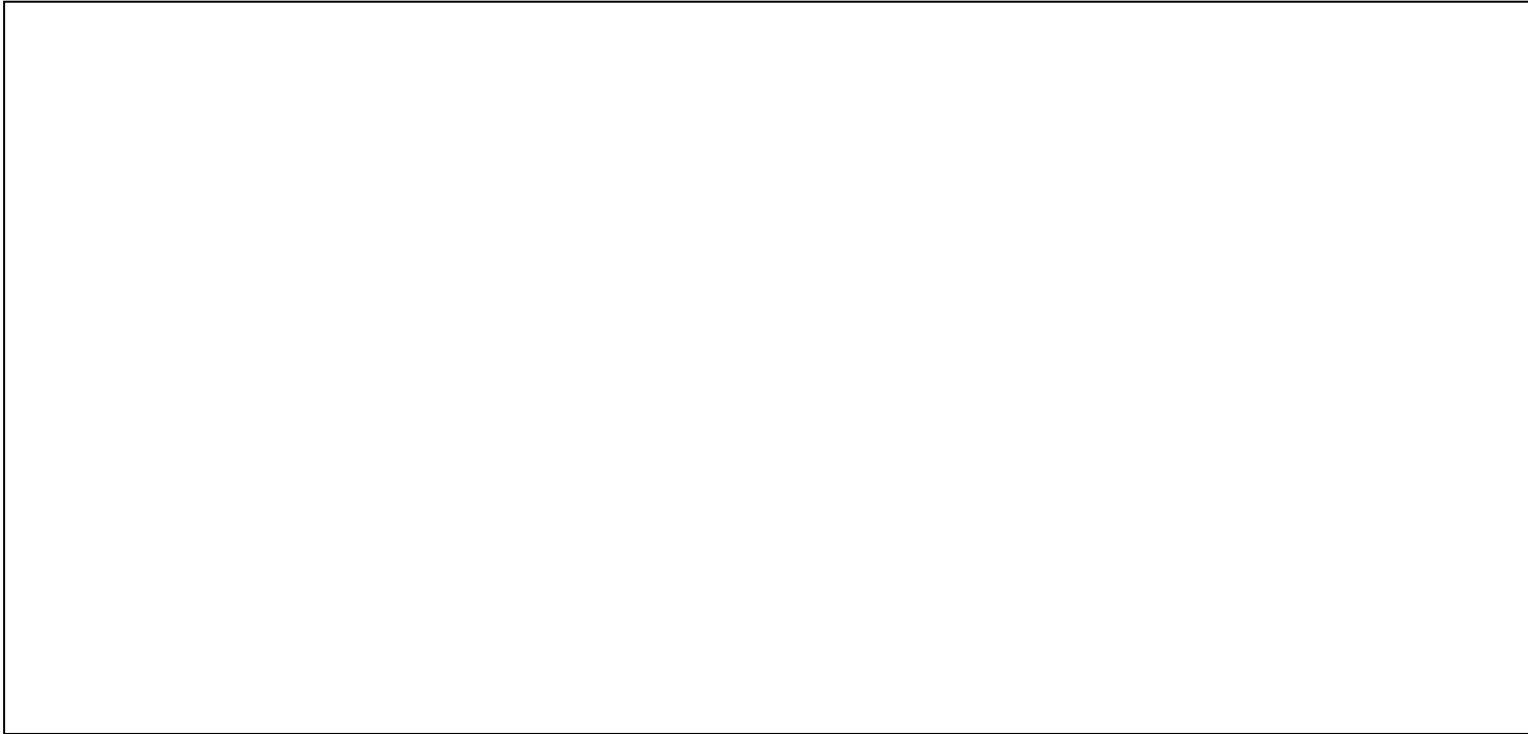
Adaptations/Modifications.....
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Appendix 4-Modified game

Description-

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Diagram



Adaptations/Modifications.....
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Appendix 5- Cool down -Conclusion

Description-

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Diagram

