**Year 11 Coaching**

Year 11 Coaching will be on the following dates at Gisborne Secondary:

**Week 5-10**

Year 8 – Handball & Football codes

The session will run for 70mins and you group needs to be ready to coach for the whole time

**IT IS VITAL THAT WE MEET AT THE GYM ASAP**

**Content**

You will be teaching fun games, sports and activities for year 8s with about 10-13 students in your group.

You can perform activities:

* Warm up games
* Group Tasks
* Minor games
* Circuits
* Relays

**The sessions will run in the following way:**

* Warm up (10 minutes)
* Skill learning and skill work (20-25 minutes)
* Game (20 minutes)

**Students will work in small groups 3-4. In your groups you need to prepare the following:**

**WARM UP:**

Prepare a thorough warm up game/activity including:

* Aim:
* Equipment necessary: (limit the equipment you use in the warm up)
* Detailed description and diagrams explaining the warm up activity:

**SKILL SESSION:**

Prepare a skill and drill session including:

* Aim:
* Equipment necessary:
* Identify the subroutines of the particular skill you are teaching (you will be given a chosen skill):
* Outline and list the instructions that you will give to the students in order for them to complete the skill:
* Provide a detailed description of a set of drills that you will get the students to partake in:

**GAME:**

Prepare a modified game that is suitable for young children, including the following:

* Aim:
* Equipment necessary:
* Rules:
* Boundaries:
* Description:

***Your groups will get a planning lesson and reflection once a week. So it is up to your group to be prepared on the day and to have a detailed plan.***

**Written requirements:**

You and your group are to work on this in the allocated 1 lesson per week. A draft should be finalised by the end of each lesson so that you are prepared for your next coaching lesson. Your lesson needs to be submitted in a simular proforma and must be signed at the end of each planning session.

At the end of each coaching session, a ***group reflection*** needs to be completed. You may want to include the following information about your coaching:

* What you taught in your lesson
* What were the aims of your lesson?
* What worked well, what didn’t.
* What you need to do to improve on.
* Any other important reflections

***In order to pass the Outcome you will need:***

* **Folio of each planned lesson: (**50% of your overall mark)
* *Reflection* for each lesson
* Contribute with the running of the lesson and coaching
* **Complete a peer evaluation.** (50% of overall mark)