

Assessment Task Notification

RESPECT | RESPONSIBILITY | PERSONAL BEST

Faculty: PDHPE	Course: Sport, Lifestyle and Recreation	Time allowed: 3 Weeks
Teacher: Glanville	Email: olivia.glanville1@det.nsw.edu.au	
Task number: 2	Title: Peer Coaching Task	
Year: 11	Due date: Term 2, Weeks 7-10	Weighting: 30%

Syllabus outcomes assessed:

Outcome 2.1: explains the principles of skill development and training

Outcome 2.3: selects and participates in physical activities that meet individual needs, interests and abilities

Outcome 3.2: designs programs that respond to performance needs

Outcome 4.1: plans strategies to achieve performance goals

Outcome 4.2: demonstrates leadership skills and a capacity to work cooperatively in movement contexts

21st Century and employment related skills:

☒	Communication	☐	Use of technology
☐	Critical Thinking	☒	Self-reflection and refinement
☒	Creativity	☒	Problem Solving
☒	Collaboration	☐	Initiative and Enterprise
☒	Planning and Organising	☐	Cross-Cultural Understanding

Task description:

This task is broken up into two sections. You will need to place yourselves in groups of no more than 3. Then, as a group, choose a sport and let your teacher know.

PART A

You are required to submit a written plan of your coaching session prior to your allocated coaching period. Your plan needs to include the following;

- all group member's names;
- the components of the training session;
- instructions on how you are going to teach/run the activities/drills;
- any rules for the games that are involved;
- diagrams for drills/games; and
- equipment request form.

Your plan should include enough detail so that anybody would be able to pick up the plan and coach your session. There is a template at the end of the task that you may utilise.

PART B

Part B is the practical component of the task. You will be required to demonstrate your coaching ability by conducting a 60 minute session. You will be assessed on the following:

- the group's ability to communicate and show leadership (ie; the technique you use to deliver instructions, how well you motivate students, the feedback you provide to students);
- your organisation and flow of the training session (ie; time allocated to drills/games, appropriateness of activities, the progression of activities, the safety of your activities);
- the groups inclusion of all aspects of a training session;
- ability to work cohesively as a group; and
- ability to demonstrate skills, drills and technique.

Assessment criteria:

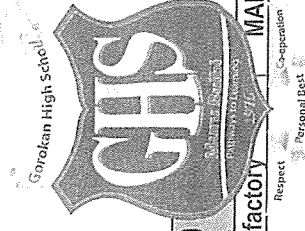
You will be assessed on your ability to:

- demonstrate skills and provide feedback
- create a coherent session plan
- provide aspects of a training session
- organise a coaching session
- show leadership, safety and group work

Method of task submission:

Students will need to submit Part A to Google Classroom by Friday 6/6/25, and be ready to coach your sessions during your allocated class periods from Week 7.

Marking guidelines:



Mark	5	4	3	2	1	0
Question	Outstanding	High	Sound	Basic	Limited	Unsatisfactory
Demonstrations and Feedback (Outcome 2.1)	Group members deliver extensive and clear instructions to students and provide positive and thorough criticism to students.	Group members deliver thorough and clear instructions to students and provide positive criticism to students.	Group members deliver sound instructions to students and provide positive feedback to students.	Group members deliver basic instructions to students and occasionally provide positive feedback to students.	Group members deliver very limited instructions to students and occasionally provide positive feedback to students.	Non-Attempt
Session Plan (Outcome 2.3)	Written submission includes all components of a training session (e.g. warm up, drills, games, cool down) with extensive and easy to follow instructions on how to coach drills.	Written submission includes all components of a training session (e.g. warm up, drills, games, cool down). Thorough and easy to follow instructions on how to coach drills.	Written submission includes most components of a training session (warm up, drills, games, cool down) and includes sound instructions on how to coach drills.	Written submission includes some components of a training session (warm up, drills, games, cool down) and includes basic instructions on how to coach drills.	Written submission includes minimal components of a training session and very limited instructions on how to coach drills.	Part A not submitted OR non serious attempt.
Aspects of a Training Session (Outcome 3.2)	All aspects of the training session are incorporated into the session (Intro, warm up, drills, games, cool down, debrief).	Most aspects of a training session are incorporated into the session (Intro, warm up, drills, games, cool down, debrief).	Three aspects of a training session are incorporated into the session (Intro, warm up, drills, games, cool down, debrief).	Two aspects of a training session are incorporated into the session (Intro, warm up, drills, games, cool down, debrief).	One aspect of a training session are incorporated into the session (Intro, warm up, drills, games, cool down, debrief).	Non-Attempt
Organisation (Outcome 4.1)	Organisation of the training session is of an extensive level and the training session follows the plan that is submitted.	Organisation of the training session is of a thorough level and training session mostly follows the plan that is submitted.	Organisation of the training session is of a sound level and mostly follows the plan submitted.	Organisation of the training session is of a basic level and somewhat follows the plan submitted.	Training session is not organised and does not follow the plan submitted.	Non-Attempt
Leadership, Safety & Group Work (Outcome 4.2)	Group members show leadership at all times and the training session is safe for all participants. Group works together at an extensive level throughout the session.	Group members show high leadership skills and the training session is safe for all participants. Group works together at a thorough level throughout the session.	Group members show sound leadership skills and the training session is safe for all participants. Group works together at a sound level throughout the session.	Group members show basic leadership skills and the training session is safe for all participants. Group works together at a basic level throughout the session.	Group members show very limited leadership skills and the training session is unsafe for all participants.	Non-Attempt
COMMENTS:						TOTAL /25

