

Year 7, PE – 15 minutes

Lesson plan

Curriculum Link: Develop technique; use a range of tactics and strategies.			
Learning Objective: To explore job roles linked to ways in which sports coaches can create work that can influence and bring about change within a community as part of the KS3 PE curriculum.			
Learning Outcomes:			
<ul style="list-style-type: none"> To understand what skills a football coach needs To understand ways in which sport and physical activity can be used to promote good health, wellbeing and academic performance. 			
Success Criteria:			
Describe – What skills does a football coach need?			
Understand - How can sport be used to promote good health, wellbeing and academic performance.			
Apply – create a fun football training session that will help the children get active.			
Timings	Activity	Details	Resources
3 mins	Starter – Have a look at the statement on the whiteboard.	With your partner, read the statement and discuss why physical activity helps your physical, social and mental health? Facilitator to then get ideas and discuss as a class.	Slide 3
2 mins	Introduction – What’s the problem?	Facilitator to ask a student to read out the statement on the board. Ask pairs to discuss why they think this is a problem. Get feedback, all answers welcome. Extension: What may be the reasons for higher rates of girls not meeting the recommendations? The Challenge A community center in London has noticed that there are a large number of children who do little to no physical activity in their community. They want to set up a new football club to get the children active. Help Lemar to create a fun football training session that will help children get active.	Slides 4,5
3 mins	Describe – What skills does a Football Coach need?	In Pairs students discuss ideas and jot a few down.	Slide 6



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		Discuss these as a class before showing the on the board.	
7 mins	<p>Apply – Help Lemar to create a fun football training session that will help children get active.</p> <p>Help Lemar to create a fun football training session that will help children get active.</p>	<p>Challenge tasks</p> <p>You have taken on the role as assistant coach and will help Lemar with a large number of children who you expect to come to the first training session. You are going to take the 11-12 year olds and must plan a training session that last 30 minutes. The training session can be football or fitness related.</p> <p>In pairs or individually create their own session for this group. Be prepared to share to the group and the class after 10 minutes.</p> <p>If time feedback to the wider class.</p>	<p>Slide 7</p> <p>Slide 8 Worksheet 1</p> <p>Slide 9</p>
	<p>Optional extensions if more time or can be set as homework</p>	<p>Choose a sport of your choice (other than football) and create another training session. Remember the children have been inactive for a while so start gently and most importantly keep it fun!</p>	<p>Slide 10</p> <p>Another printout of worksheet 1 if helpful for structure</p>

