



Sport leadership learning journey

LO2 – Be able to plan sports activity sessions

Core knowledge	Reference number
Know the key considerations when planning sports activity sessions, e.g. objectives for the lesson, venue, equipment needs, organisation.	LO2 - key considerations slide 1-12
Know the structure of a sports activity session, e.g. warm-up, skill development, game and warm-down.	Slide 13-14
Know how to plan an engaging sports activity session.	Slide 11
Know the safety considerations when planning sports activity sessions.	Safety considerations slide 1-13
Know how to complete a risk assessment for a sports activity session.	Slide 1-10
Know the emergency procedures that they may need to follow when leading a sports activity session.	Slide 11-13

Learning Checkpoints

LO2 – Be able to plan sports activity sessions	
Basic plan for your session (sport, objective, warm-up, 2 skill practices, game, warm-down).	Verbal feedback
Complete the detailed session plan.	Use the session template
Complete a risk assessment for your sports activity session.	Use the risk assessment template.
Identify and explain the emergency procedures for your session.	Extended writing task

Key Vocabulary

Objectives, venue, supervision, engaging, organisation, risk assessments, corrective action, emergency procedures.