



Performance and leadership in sports activities (R185)

TA3: Organising and planning a sports activity session

Core knowledge	Reference number
Know how to organise a sports activity session in terms of venue, equipment, timing, supervision and contingency plan.	Slide 1-12
Know the safety considerations when planning sports activity sessions.	slide 1-15
Know how to complete a risk assessment for a sports activity session.	Slide 1-15
Know the emergency procedures that they may need to follow when leading a sports activity session.	Slide 1-15
Know how to set session objectives that meet the needs of the group.	Slide 1-17

Learning Checkpoints

TA3: Organising and planning a sports activity session	
Basic plan for your session (sport, objective, warm-up, 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.

Key Vocabulary

Objectives, venue, supervision, engaging, organisation, risk assessments, corrective action