



Performance and leadership in sports activities (R185)

TA4: Delivering a sports activity session

Core knowledge	Reference number
Know how to lead a warm-up and a warm-down.	LO3 - slide 1-4
Know how to lead a skill practice.	Slide 5
Know how to meet the needs of the students and challenge them to further improvement.	Slide 5
Know how to ensure the session is led safely (organisation of group, the activity, equipment etc).	Slide 6-8
Know the different delivery styles (proactive/reactive, demonstration/explanation).	Slide 9
Know how to communicate to the group effectively (verbal, non-verbal, appropriate language and technical terms).	Slide 10
Know and understand the importance of motivation techniques (encouragement, extrinsic motivators e.g. rewards, prizes).	Slide 11
Know the importance of activity specific knowledge (understanding technique and tactics).	Slide 12
Understand the importance of adaptability.	Slide 12

Learning Checkpoints

TA3 – Be able to deliver a sports activity session	
Lead a warm-up and warm-down to a small group.	Practical – student/teacher feedback
Deliver 2 different skill practices to a small group with adaptations.	Practical – student/teacher feedback
Deliver a sports activity session to a group of students.	Practical assessment

Key Vocabulary

Proactive, reactive, demonstration, explanation, communication, verbal, non-verbal, motivation, extrinsic motivators, adaptability