



# Wales HIGH SCHOOL

HEADTEACHER: MR. G. DI'IASIO

## OCR SPORT LEVEL 3 – Bridging Work

Your task for the Bridging Period is to gather examples of relatively simple Sports & Activity Sessions (eg a dribbling session in Football) that you would be able to deliver yourself. You can choose any sport you like, that you could deliver in school (Think of the facilities that we have – cones, balls, poles, bibs, hurdles...).

**Task:** Find 3 session plans. Read over and study them, and then summarize the sessions in the form of a plan that you could work from yourself – in other words: re-write the plan, including diagrams, so that you can understand it more readily. Use the Session Plan layout below to help you.

**Tips:** The plans may be taken from sessions that you have enjoyed yourself as part of a Sports Club, or you can research on the internet: just 'Google' eg "soccer passing drills", "non-contact rugby passing drill", "netball attacking drill", "agility fitness drill" etc... and then explore what you find.

The sessions should have a simple start, and then become more difficult through progressions. This is how the coaching sessions work.

Your sessions can be kept in a folder or plastic wallet until we return after the Summer Holiday, when you'll bring them in to your first lesson OCR Lesson with me – so make this work something that you can be proud of.

Have a good summer and see you afterwards, Mr Napier and The OCR Team.





## **OCR Sport Unit 2 – Sports Coaching & Activity Leadership**

- P6 – Establish Participants’ needs
- P7 – Plan Sports/Activity Sessions including SMART Targets
- P8 – Prepare a Safe Sports/Activity Environment
- P9 – Deliver Appropriate Warm-Ups
- P10 – Deliver Sports/Activity Sessions
- P11 – Bring Sports/Activity Sessions to a Conclusion

We have introduced the above “P-Points” during this Bridging Work to let you see some of the content that you’ll be covering on this course.

Remember – A plan is simply a “Helping Device” to assist you in delivering a Good Sports Coaching or Activity Session. It does not have to be extensive – just helpful to YOU!!

**Good Luck and enjoy!**

## Coaching Activity Session Planner

Learner Coach		Date Produced	
Teacher		Time Available	

### Information on Players

Number of Players		Age Range		Ability Level	
Medical Information					
Particular Needs					

### Information on Facilities & Resources

Location		Session Date	
Facility Needs			
Equipment Needs			
Health & Safety Issues			

### Session Plan

Session Title		
Warm-up Activities		Timing
Cool-down Activities		Timing
Top Tips		

Practical Focus of Session	
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1. Session Start (Diagram & Simple Explanation Points).
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2. First Progression (Alter Diagram and/or Point).	3. Second progression (Alter Diagram and/or Points)
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