

LESSON PLAN

TOPIC: Four Pillars of Coaching; Physical, Tactical, Technical, Psychosocial.		CLASS: Sports Management Coaching Level 4
DATE: 1/10/19	LENGTH OF LESSON: 30 mins	NO IN CLASS: 7
ABILITY/SPECIAL EDUCATIONAL NEEDS: N/A		
AIM OF LESSON To develop awareness of how the four pillars of coaching are used during a coaching session. Observe a session plan and be able to identify the elements of each of the four pillars included.		
LEARNING OBJECTIVES - The Learners Should Be Able To: - Identify the four pillars and components of each individual pillar of coaching. - Outline the importance of the four pillars and how they improve players. - Recognise the four pillars from analysing at an activity or session. <i>✓. The learning objectives</i>		
PREVIOUS KNOWLEDGE: Some students may have some knowledge, but majority may not.		
ANTICIPATED DIFFICULTIES: Some students may not be able to recognise the pillars in an activity or a session.		

LESSON DETAIL:

STAGE	FOCUS	STRATEGY	TIME
INTRODUCTION	Introduction to the four pillars.	Explain the reason for this lesson, give practical examples to engage the students.	5 mins
DEVELOPMENT	Break down each of the four pillars: physical, tactical, technical and psychological	Group tasks on the components of each pillar of development.	5 mins
PLENARY/ CONCLUSION	How important is each of the four pillars of development?	Group work: put into percentage the importance of each pillar.	5 mins
	Why Psychological pillar is important?	Motivational coaching video	5 mins
	Ways we can implement the psychological components into a session plan.	In pairs discuss ways we can improve the psychological components within a team environment that can be implemented into a session plan.	5 mins

good plan +
choice of Teachers
Stakes in

PROFESSIONAL STANDARDS

Please note WHEN and HOW relevant professional standards occur and are met:

(Include detail of standard, not just a reference number)

Areas of Activity

A1 - Design and plan learning activities and / or programmes of study.

This was achieved by creating a lesson plan to cooperate with my own teaching style.

A2 - Teach and / or support learning. By giving the students time to complete and work on different components of the four pillars.

A3 - Assess and give feedback to learners. I will achieve this by giving feedback to the students on their ideas and also guide them towards other answers they may not have thought about.

Core Knowledge

K1 - The subject material - Four Pillars of Development in Sport

K2 - Appropriate methods for teaching, learning and assessing in the subject area and at the level of the academic programme. - Use of the information and resources in the power point slides and also in the selected video.

K3 - How students learn, both generally and within their subject/disciplinary area(s) - The Students will learn with a combination of lecture, a practical examples and small group discussions and work.

K4- The use and value of appropriate learning technologies - Use of a PowerPoint and video links throughout the lesson.

K5- Methods for evaluating the effectiveness of teaching - Use of small group work and question and answer throughout the lesson to be able to check for understanding to ensure the learning objectives are met.

Professional Values

V1 - Respect individual learners and diverse learning communities - Ensure everyone in the lesson is engaged and comfortable.

V2 - Promote participation in higher education and equality of opportunity for learners - By having small group work it, it gives students the opportunity to share ideas and experiences.



PGCE/PCE (PCET) LESSON ASSESSMENT FORM

Student Teacher Name: Rhys Surrings Establishment: WYSD Micro Teach (PCET) Date: 01.10.2019

GRADE DESCRIPTORS: (When compared with an experienced teacher)		Context of observation (e.g. class, ability, number of students; topic; main activities and organisation; other features)	
VG	G	S	U
A SUBJECT KNOWLEDGE 1 accuracy of knowledge of subject matter 2 understanding of context e.g. scheme of work, programme of study			
B LESSON PLANNING AND PREPARATION 1 detail and structure of plan 2 clarity and suitability of learning objectives 3 consideration of SpLDs, anticipated difficulties, health and safety, etc. 4 resources selected, prepared, organised 5 consideration of professional standards 6 consideration of appropriate cross-cutting enhancement theme(s) 7 consideration of active learning, learner engagement and skills development			
C TEACHING 1 lesson start, e.g. outlining content, aims and objectives 2 presentation: instructing, explaining, demonstrating 3 effective questioning 4 choice and variety of tasks/activities 5 variety and suitability of teaching strategies/methods/approaches 6 use of emergent technologies 7 pace of lesson, use of time 8 lesson ending, e.g. summarising, recapping key points, etc.			
D CLASS MANAGEMENT AND CONTROL 1 presence and voice projection 2 transitions – smooth 3 awareness, vigilance and intervention 4 use of praise and encouragement 5 management of tasks/learners/work groups			
E MONITORING AND ASSESSING STUDENTS' PROGRESS 1 monitoring understanding and progress during lesson 2 suitability of assessment strategies/methods/approaches 3 assessing achievement of learning objectives 4 giving feedback and setting targets for progress			
F EFFECTIVENESS 1 in setting high expectations for work 2 in conveying enthusiasm and challenging students 3 of students' engagement and learning in this lesson			
General Notes and Comments: Planning and Preparation Please send me your lesson plan & LWD provide feedback V. clear lesson plan Excellent use of 4 dimensions model to structure lesson Development/Delivery You have a superb Teaching Style, and showed superb leadership throughout The lesson was highly interactive and engaged the learners in an extremely active and active learning manner for the first time here		Pletary / Conclusion Excellent knowledge throughout in c formation of delivery	
TARGETS FOR IMPROVEMENT A higher effective lesson, was planned & executed. There was a high level of engagement throughout a very enjoyable lesson. Please send me the lesson plan by email for feedback V. A. B			
Observer Signature: <u>Rhys M. Surrings 01-10-19</u>			