

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.

