

SISSSCO012 Coach sport participants up to an intermediate level

Practical Assessment

Task 1:

Plan 3 different sport sessions at intermediate level to implement. Include in your plan the activities involved, people to be involved and more.

Task 2:

Conduct the 3 different sport sessions you've created on different occasions using friends and family. Create a report on how the session went.

Task 3:

Write an evaluation on each of your sport sessions. In particular note how well you think they went, areas of success and areas for improvement.