



# Cotswold Edge Sixth Form



<b>Subject:</b>	Sport Double @YA	<b>Assessment Point 1 - Coursework</b>
<b>Title of the project:</b>	The attributes of a Sports leader	
<b>Due date:</b>	First lesson back September 2020	
<b>Learning skills and their place in the specification</b>	<p><b>Research and presentation skills –</b></p> <p>A2 Skills, qualities, characteristics and application of Sports Leaders</p> <ul style="list-style-type: none"> <li>• Key skills of leaders in sport: <ul style="list-style-type: none"> <li>○ rapport building, confidence, vocal, good communication, authoritative, provide good feedback, motivator, goal setter, collaborator, uses strategies and tactics well, engaging, fearless, forgiving, patient, organised, good listener, good demonstrator.</li> </ul> </li> <li>• Key qualities of leaders in sport: <ul style="list-style-type: none"> <li>○ knowledge of sports skills, knowledge of rules and laws, understanding the mental needs of participants, understanding the physical needs of participants, good communication, high confidence, positive, empathy.</li> </ul> </li> <li>• Key characteristics of leaders in sport: <ul style="list-style-type: none"> <li>○ committed, patient, driven, goal orientated, empowering, objective, persistent, forgiving, attentive, approachable, consistent, firm, fair.</li> </ul> </li> </ul>	
<b>Specification link</b>	<p><a href="https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446939482-BTEC-nationals_L3_diploma-sport-spec.pdf">https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446939482-BTEC-nationals_L3_diploma-sport-spec.pdf</a></p> <p>Unit 4: Sports Leadership</p>	
<b>Tasks set</b>	<p>Task 1: Explain why each of the skills, qualities and characteristics above are important in being a successful sports leader. Include information of what that S, Q or C might look like when leading and how it will benefit the performance of the team, individual being lead</p> <p>Task 2: Choose two sports leaders e.g. PE teacher, professional team coach, amateur coach and identify the key attributes (S, Q &amp; C) they show and explain how this enables them to be a successful sports leader.</p>	
<b>How this links to the coursework specification</b>	<p>Sports Leadership is a mandatory unit for the double award and is assessed via course work. This content is the 1<sup>st</sup> part of the unit specification.</p> <p>Learners will study what makes a good sports leader, the different capacities of the role and the leadership skills and techniques necessary when leading activities in different roles.</p>	

	<p>Learners will be expected to look at the different teaching strategies that can be adopted when leading. They will then plan a one hour lesson in small groups and deliver the lesson to key stage three students. They will then be required to review the session, providing feedback on how they can improve their leadership.</p>
<p><b>How to complete the task:</b></p>	<p>You will need to research the subject content areas identified above from the specification and present your findings in a project form – handed in a folder/ booklet.</p> <p>You can lay your project out in any way you prefer, however you should have diagrams/pictures to support what you are saying in your work. This project will be handed in as your first assignment which will be marked by your teacher.</p> <p>As you are completing the project, make sure you are learning what you are researching, as you will have questions to answer on the topics in your 1<sup>st</sup> lesson back.</p>
<p><b>Resources or links</b></p>	<p><a href="https://www.ukcoaching.org/resources/topics/guides/skills-and-qualities-of-a-coach">https://www.ukcoaching.org/resources/topics/guides/skills-and-qualities-of-a-coach</a></p> <p><a href="https://careertrend.com/characteristics-qualities-of-a-sports-coach-7668217.html">https://careertrend.com/characteristics-qualities-of-a-sports-coach-7668217.html</a></p> <p><a href="https://metrifit.com/blog/characteristics-of-an-effective-coach/">https://metrifit.com/blog/characteristics-of-an-effective-coach/</a></p> <p><a href="https://believeperform.com/coaching/leadership-and-the-role-of-a-leader-in-sports/">https://believeperform.com/coaching/leadership-and-the-role-of-a-leader-in-sports/</a></p> <p><a href="https://blog.pitchero.com/9-qualities-of-a-sports-leader">https://blog.pitchero.com/9-qualities-of-a-sports-leader</a></p> <p><a href="https://www.livestrong.com/article/438821-characteristics-qualities-of-a-sports-coach/">https://www.livestrong.com/article/438821-characteristics-qualities-of-a-sports-coach/</a></p>
<p><b>Staff contact and email address:</b></p>	<p><a href="mailto:srevett@yateacademy.co.uk">srevett@yateacademy.co.uk</a> - Mr Revett</p>
<p><b>Number of learning hours it will take to complete</b></p>	<p>Minimum 10 hours</p>
<p><b>Additional work for you to be doing in preparation for BTEC Sport</b></p>	<p><b><u>Leadership Styles:</u></b></p> <p>Research the following leadership styles.</p> <ul style="list-style-type: none"> <li>✓ autocratic</li> <li>✓ democratic</li> </ul>

✓ laissez-faire

✓ paternalistic

Write a report about each style. Consider the main characteristics of each and when a coach might want to employ the differing styles.

**Leadership Theories:**

Research the 3 different Leadership theories/forms below:

✓ situational leadership

✓ transformational leadership

✓ transactional leadership.

Produce a written report that describes each Leadership theory.