

Summer Assignment Task 25/26

Part A: Using microsoft word or google docs, explain **FOUR** roles and **FOUR** responsibilities of sports coaches and activity leaders, outline examples for each role and responsibility within your explanations.

Choose **FOUR** roles and **FOUR** responsibilities from the lists below:

Roles: planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser)

Responsibilities: e.g. sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity)

Part B:

Copy these tables underneath Part A and complete the table for the Skills Classifications and Types of Practice within Sports Coaching.

Letter Code	Skill Classification	What is it ? Outline examples when this skill would be used in sport and why?
A	Open	
B	Closed	
C	Gross	
D	Simple	
E	Complex	

F	Discrete Serial Continuous	
G	fine	

Code No	Types of Practices	What is it ? What <u>skill classification</u> does it work best with?
1	whole	
2	part	
3	Whole-Part-whole	
4	Variable	
5	Fixed	
6	Massed	

To be handed in Monday 1st September 2025 to Martin Gibson