

## Level 3 Sports Coaching Year 1

### Summer Assignment Task 26/27

**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?
<b>A</b>	Open	
<b>B</b>	Closed	
<b>C</b>	Gross	
<b>D</b>	Simple	

<b>E</b>	Complex	
<b>F</b>	Discrete Serial Continuous	
<b>G</b>	fine	

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

To be handed in Tuesday 1st September 2026 to Martin Gibson