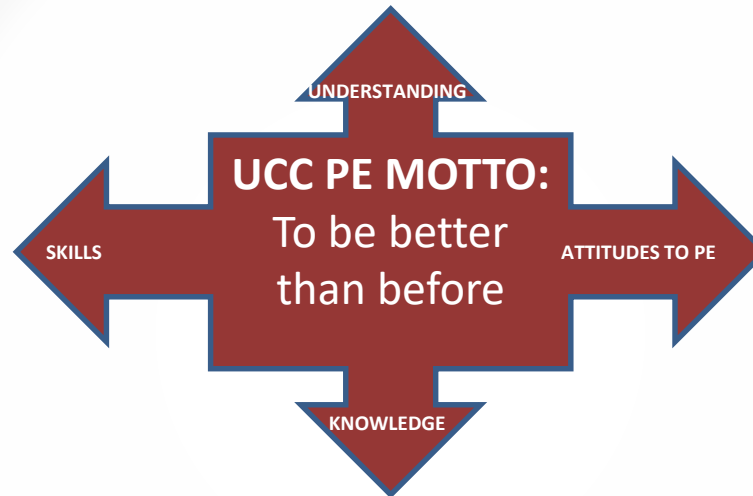




- Planning and executing tactics and strategies
- Sports Leadership and Communication
- Understanding how to warm-up and cool-down affectively
- Coaching and Officiating
- Personal Thinking, Learning and Social skills

Thinking Skills

- Develop techniques and skills in a wide range of sports
- Analyse performances, provide peer and self-feedback
- Utilise feedback to make progress and refine skills
- Make marginal gains
- Take part in competitive sports activities
- Team Leicestershire/Fixtures
- UCC Extra-curricular clubs



- Sporting Behaviour
- Co-operation
- CORE VALUES- Teamwork, Respect, Discipline, Resilience, Enjoyment
- 10 Things that require ZERO Talent
- Cruyff 14 Values
- Reacting positively to feedback
- Listening

Physical Skills

- Developing the 10 Components of Fitness
- Being able to develop and apply warm-up and cool-down activities
- Be able to name the major muscles in the body
- Knowledge of a Healthy Diet; pre-exercise and post exercise foods
- Knowledge of Training Zones, Training Types and How the body responds and adapts to exercise
- Knowledge of rules, tactics and strategies