BRIDGING THE GAP – YEAR 12 WORK

CAMBRIDGE NATIONALS – SPORT

SPORTS COACHING AND ACTIVITY LEADERSHIP:

1. Think about someone who has successfully coached you in sport or physical activity. Write a paragraph explaining why they were effective and what their responsibilities were as a coach. (Consider personal attributes as well as what they would have wanted to achieve as a coach)
2. All successful coaches understand that a warm up is essential to prepare groups for activity. Design a warm up for an activity of your choice. It must include the following elements:
   * pulse raising
   * mobility
   * dynamic movements
   * stretching
   * skill rehearsal

Diagrams will enhance your warm up plan.