

# Leadership through Junior Swimming Coaches

## Health & Wellbeing

### Improve your key skills in Leadership, Communication, Teamwork and Organisation

This course is designed to develop your ability to assess and address the requirements of participants when planning sports coaching sessions in swimming. This course is for you if you have a strong interest in sport and swimming and wish to develop your knowledge and skills in preparation for future employment/study in the Sport and Fitness industry.



## Skills Focus



Digital Learning



Enterprise



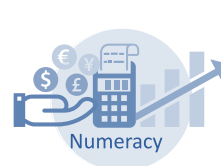
Leadership



Literacy



MESP



Numeracy



Thinking

## Recognition of Achievement

L1 Sports Leader Award

## Learning Intentions & Success Criteria

### Learning Intentions

I will:

- produce plans for a sequence of sports coaching session in swimming.
- prepare resources to ensure safe and effective participation in swimming sessions.
- evaluate the swimming sessions.

### Success Criteria

I can:

- make sure sessions are safe.
- plan, lead and review an event or competition.
- take part in planning, leading and reviewing an activity.

## Senior Phase Progression

Senior Swimming Coaching