



### Sports Skills with Coaching

#### What is the course about?

To teach participants how to perform on any of the skills in different sports. It will show you how to use these skills at the right time in different sporting situations. The course will be fun and there will be individual and team games. It will also help improve fitness levels and to stay active on a weekly basis.

#### What will I learn?

You will learn new skills within the multisport sessions, how to work as part of a team and as an individual.

#### Entry Requirements

To have a desire to play different sports and be willing to try different new skills.

#### What will I need to bring with me?

Trainers and suitable clothing to be worn, a bottle of drink or money for the vending machine in the Leisure Centre

#### How will I learn?

You will learn by taking part in the skills and watching demonstrations by the coach. The other participants will also help you along with your learning.

#### How will my learning be assessed?

You will be observed by the coach of the session and this will be done on a weekly basis. Your progress will be noted in the course folder. You will be given help and feedback on your performance.

#### What qualifications will I get?

None, just knowledge of different sports, you will make new friends and get increased leadership skills.

#### Are there any extra costs?

None

#### What can I do next?

You can continue to attend this course as there will also be something new each week, month or term. It will be engaging for you and you may wish to join a sports team or gym to continue your learning or keep your fitness levels up.