

Sports Studies Booklet – Term 1

Task 1:

Research 5 different drills and activities which you could include within your Football/rugby coaching session.

Task 2: (to be completed at the end of a topic - your teacher will inform you of the date.)

Complete a detailed risk assessment for your chosen coaching activity (Football or Rugby). You must use the risk assessment template below to do this. This is due on 28th September.

Task 3

Update your practical performance activity log (update via Microsoft Teams class and save in student folder).



