

Onside Coaching Work Experience KS2

Welcome to Onside Coaching!

We are so happy that you have chosen to spend your work experience with us.

Onside Coaching helps children and young people grow through sport, activity and teamwork. We run fun sessions in:

- • Ball games
- • Multi-skills
- • Gymnastics
- • Football coaching
- • Sports clubs and holiday camps

Our coaches help children:

- • Get active and healthy
- • Build confidence
- • Learn teamwork
- • Improve skills
- • Enjoy trying new things

Being a coach means being positive, patient, encouraging and energetic.

Now it's your turn to think like a real Onside coach.

Please complete the three work experience tasks below, and once you have done so you have completed your virtual work experience with us!

Best wishes,
The Onside Coaching Team.



Starter Task – Which habit helps an athlete?

Your goal:

Learn which habits help children enjoy sport and stay healthy.

What to do:

1. Read the list below

- • Getting enough sleep
- • Playing video games all night
- • Drinking water
- • Arriving late to training
- • Practising skills regularly
- • Eating only sugary snacks
- • Being kind to teammates

2. Sort these into two groups:

- Healthy habits for sport
- Not healthy habits for sport

3. For each item, explain which list you have put it in and why.

Suggested search prompts:

- • 'Healthy habits for young athletes'
- • 'Why is teamwork important in sport?'



Starter Task – Which habit helps an athlete?

Helpful vocabulary	Sentence starters
Hydration – drinking enough water	This habit is healthy because...
Stamina – how long you can keep going	This habit is not healthy because...
Teamwork – working well with others	Athletes need to..
Attitude – how you behave and think	This habit is not healthy because...

Example
Drinking water is a healthy habit because athletes need hydration to stay strong and focused. Playing video games all night is not healthy because it stops you getting enough sleep, which makes it harder to do well in sport.

Main Task – Design a new coaching activity

Your goal:

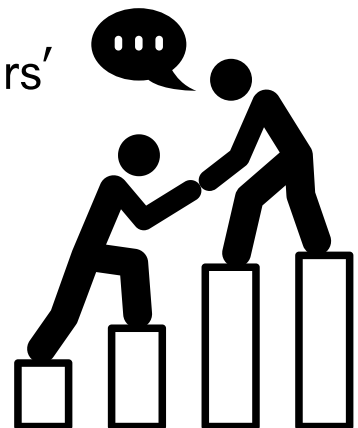
Create a fun activity that a coach could use in a session

What to do:

1. Create a brand new sports activity, game or skills challenge.
2. Write or draw:
 - • What the activity is called
 - • What equipment you need
 - • How the game works (write the steps)
 - • Which skill it improves (speed, balance, teamwork, catching etc)
3. Add a sentence about how a coach would encourage players during the activity.

Suggested search prompts:

- 'Simple PE games for kids'
- • 'Sports skills for children'
- • 'How coaches support young players'



Main Task – Design a new coaching activity

Helpful vocabulary

Coordination – using your body and eyes together

Agility – moving quickly and easily

Encouragement – helping someone feel confident

Practice – doing something again to improve

Sentence starters

My activity is called...

Players have to...

This helps children improve...

The coach can encourage players by...

Example

My activity is called 'speed circuits'. Players run between cones, hop over hurdles and then pass a ball to a teammate. It improve agility and balance. The coach can encourage players by cheering and reminding them to do their best.

Extension Task – The great coach checklist

Your goal:

Think about what makes a great Onside coach.

What to do:

1. Read the three scenarios below:

Scenario A:

A child misses a goal and feels upset.

Scenario B: 2

teammates argue about whose turn it is.

Scenario C: A

shy player stands at the back & doesn't join in.

2. Write one 'coach quality' for each situation – something a great coach should do (like patience, fairness, kindness, clear instructions etc)

3. Put the three qualities together as a 'Great Coach Checklist'

4. Create a poster using these points with some chosen images.

Suggested search prompts:

- • 'Qualities of a good sports coach for kids'
- • 'How coaches help teamwork'
- • 'How to spot shy players in sport'

Extension Task – The great coach checklist

Helpful vocabulary

Encouragement – helping someone feel brave

Fairness – treating everyone equally

Confidence – believing in yourself

Support – giving help when needed

Sentence starters

A great coach would...

This quality helps because...

My Great Coach Checklist includes....

Teamwork is important because...

Example

Coaches help teamwork in sport by teaching players how to communicate, support each other, and work together to achieve common goals.