



Year 10 PASS

Task 4: Year 10, Course PASS

Gala Day Training & Coaching Task

Due Date: by Friday 7/11/2025

Task Distributed: 25/8/2025

Unit: Gala Day Training & Coaching Task

Task Type: Research / Practical

Task Weighting: 25 %

Outcomes: PASS 5-5, 5-6, 5-7, 5-8, 5-9, 5-10

Task Description

Students in allocated groups (3 or 4 students) are to coach a Year 7 Gala Day team in their chosen sport. Each student is to submit their group's two 90-minute coaching session plans and complete an individual evaluation of each session in addition to completing an evaluation of their overall Gala Day experience. This assignment is to be uploaded to Google classroom under the appropriate headings by the due date. The Gala day is

Monday 27/10/25

NESA Glossary of Key Words

Understand the verb associated with the task. The verb will provide an understanding of the detail needed to successfully answer the question.

- Analyse: Identify components and the relationship between them; draw out and relate implications.

Check the NESA Glossary of Key Words for further guidance <https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/hsc-student-guide/glossary-keywords>

Details of Submission

Students will submit the Group Training Coaching Session Plan 1 by	22/9/2025
Students will submit the Coaching Session Evaluation 1 by	26/9/2025
Students will complete the Group Training Session Plan 2 by	14/10/2025
Students will submit the Coaching Session Evaluation 2 by	20/10/2025
Students will submit the Overview of the Year 7 Gala Day Experience by	6/11/2025

Teacher Feedback and Student Self-Reflection

- The task will typically be returned to students within 14 days of the due date.
- At this time feedback including information on how to improve will be provided through written feedback.
- Students can clarify or seek further feedback by speaker with their teacher or the assessment marker.
- You will also receive feedback on your literacy performance based on the criteria in the school's literacy marking rubric. The marks achieved for literacy will account for between 10% – 20% of the maximum task value.

Upon return of the task, students will also be expected to complete a self-reflection.

Students will identify THREE areas of strength and THREE areas of improvement after receiving back their task.

How does this link to my learning?

- Students will learn to work as part of a team to develop a number of coaching sessions to prepare a Year 7 team to participate in a Gala Day competition. These coaching sessions will give students the opportunity to utilise their knowledge of skill development and training techniques to coach a team in their chosen Gala Day sport at an organised competition.
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Assessment Procedures

All students should be fully aware of the School Assessment Procedures for their year group. These were provided at the beginning of the school year and are available off the school website under the Learning Tab for each year group.

ASSESSMENT CRITERIA: TO SUCCEED IN THIS TASK STUDENTS WILL NEED TO DEMONSTRATE.

- The appropriateness of the activities for coaching a team
- Their organisation and preparation for each coaching session.
- Their ability to complete a detailed written outline of their coaching session.
- Their ability to complete a detailed written evaluation of their coaching session at school and the Gala Day coaching experience.
- Their ability to cooperate with others and work well as a group.

Marks will be awarded for

Two 90 minute coaching session plans for Year 7 Gala Day practices in their chosen Gala Day sport.

Evaluation Coaching session 1

Marking scale Year 10 Pass Gala Day

Coaching lesson plans					
Criteria	1	2	3	4	5
Warm-up	Very limited Warm-up Involving some movement and stretching	A limited Warm-up routine. Involving some movement of large muscle groups, 1 or 2 Movements relating to planned movement activities. Some stretching of major muscle groups. Minimum of 3-5 minutes.	A satisfactory warm-up routine. Involving movement of large muscle groups. Movements relating to the planned movement activities. Dynamic stretching of major muscle groups. Minimum of 5 minutes.	A sound warm-up routine. involving movement of large muscle groups . Movements relating to the planned movement activities; . Dynamic stretching of major muscle groups . Minimum of 5 minutes. Interesting/fun.	An excellent warm-up routine. Involving movement of large muscle groups. Movements relating to the planned movement activities. Dynamic stretching of major muscle groups. Minimum of 5 minutes. Interesting/ fun.
Criteria	1	2	3	4	5
Cool -Down	Very limited Cool-Down Involving some movement and stretching	A limited Cool-down routine. Involving some movement of large muscle groups, 1 or 2 Movements relating to lowering the heart rate gradually Some static stretching of major muscle groups. Minimum of 3-5 minutes	A satisfactoryCool-down routine. Involving movement of large muscle groups. Movements relating to the planned movement activities but at low intensity thus lowering the heart rate. Static stretching of major muscle groups. Minimum of 5 minutes.	A Sound Cool-down routine. Involving movement of large muscle groups. Movements relating to the planned movement activities but at low intensity thus lowering the heart rate. Static stretching of major muscle groups. Minimum of 5 minutes.Interesting/ fun.	An excellent Cool-down routine. Involving movement of large muscle groups. Movements relating to the planned movement activities but at low intensity thus lowering the heart rate. Static stretching of major muscle groups. Minimum of 5 minutes. Interesting/ fun.
Criteria	1-2	3-5	6-11	10-12	13-15
Skills practices, game practice	Very limited session involving some types of skills practices. Some Frequency of change between activities and time spent on each activity Some General flow of the session and limited instruction to participants	A limited session involving at least 2 appropriate types of skills practices. Frequency of change between activities and time spent on each activity. General flow of the session and basic instruction to participants	A satisfactory Session involving at least 3 appropriate types of skills practices. Frequency of change between activities and time spent on each activity. General flow of the session and instruction to participants	A sound session involving at least 4 appropriate types of skills practices. Frequency of change between activities and time spent on each activity General flow of the session and clear instruction to participants	An excellent session involving 5 more appropriate types of skills practices. Frequency of change between activities and time spent on each activity. General flow of the session and excellent instruction to participants
Criteria	1-6	7-12	13-16	17-21	22-25
Discussion of coaching experience at school and evaluation of coaching lessons	Some discussion of the two coaching lessons and your school coaching experience	A limited evaluation and discussion of the two coaching lessons and your school coaching experience At least 2 factors mentioned	A satisfactory evaluation and discussion of the two coaching lessons and your school coaching experience At least 3 factors mentioned	A sound evaluation and discussion of the two coaching lessons and your school coaching experience Some factors mentioned	An excellent evaluation and discussion of the two coaching lessons and your school coaching experience . With numerous factors mentioned.

Criteria	1-4	5-9	10-13	14-16	17-20
Gala day overview by addressing the questions	Very limited overview mentioning some enjoyable factors about the day.	A limited overview addressing some questions with the use of at least 1 examples.	A satisfactory overview addressing all the questions with the use of at least 2 examples.	A sound overview addressing all the questions with the use of 3 examples.	An excellent overview addressing all 4 questions with the use of 4 examples.
Criteria	1-6	7-12	13-16	17-21	22-25
Participate in the coaching sessions and Gala Day coaching	Very limited involvement in the school Coaching sessions and Gala Day coaching	A limited involvement in the school Coaching sessions and Gala Day coaching	A satisfactory involvement in the school Coaching sessions and Gala Day coaching	A sound involvement in the school Coaching sessions and Gala Day coaching	An excellent involvement in the school Coaching sessions and Gala Day coaching

LITERACY MARKING CRITERIA	Descriptors				
	1	2	3	4	5
Vocabulary Uses technical vocabulary to explain concepts and/or range of precise and appropriate words for effect	- Symbols or drawings	- Only simple and nontechnical words are used.	- Some precise and technical words are used.	- Sustained use of precise and technical words.	- Sustained, consistent and fluent use of precise and technical words.
Punctuation Use of correct and appropriate punctuation for effect and to aid in reading of the text	- No or minimal evidence of correct sentence punctuation (less than 25%)	- Limited evidence of correct sentence punctuation (at least 25%)	- Some correct sentence punctuation (at least 50%).	- Mostly correct sentence level punctuation (80%) and <i>at least two</i> examples of other punctuation.	- Writing contains accurate use of all applicable punctuation.
Sentences Intentionally constructs a variety of sentences to match purpose and audience	- No evidence of sentences - Drawings, symbols, a list of words OR text fragments	- At least one sentence is used correctly.	- Some correct formation of sentences. (at least 50%)	- Most sentences (80%) are correct but are largely unsophisticated.	- All sentences are correct including sophisticated sentences.
Paragraphs Paragraphs are used to effectively structure information and partition events and ideas	- No correct use of paragraphing - may be a block of text or random breaks	- Ideas are separated, provides at least ONE correct break between ideas - Paragraphs may contain some unrelated ideas	- At least ONE paragraph is well structured and develops an idea	- All paragraphs are focused on one idea or a set of like ideas but may not be linked effectively.	- Paragraphing creates flow, connectivity and supports argument.

Year 10 Pass Gala Day Marking score sheet

Students complete 2 coaching lesson plans. Lesson plans need to include warm up (5m), skills, game practices (15m) & Cool down (5m)	Marks
Coaching plan 1	/25
Coaching plan 2	/25
Ave mark of the 2 sessions	/25
Evaluation of lessons and Gala Day coaching experience at school.	Marks
Discuss what worked well in your coaching session and why?	/3
Discuss what didn't worked well in your coaching session and why?	/3
Methods used to motivate students and were they successful?	/3
Advantages of working with your coaching group?	/3
Disadvantages of working with your coaching group?	/3
Did your lessons prepare your team for the competition?	/5
Did you enjoy your school coaching experience?	/5
	/25
Overview of coaching experience at year7 Gala day.	Marks
Discuss the organisation of the Gala Day for your sport with reference to the venue facilities ,refereeing and your draw.	/5
Discuss the engagement of your team with reference to their behaviour, teamwork,sportspersonship ?	/5
Discuss how well your coaching partners work with you and the team with reference to the pros & cons of partner coaching.	/5
Did you enjoy the Gala day and what could be done better for the future?	/5
Overview of coaching experience at year7 Gala day	/20
Participate in the coaching sessions and Gala Day coaching	/25
Total assignment	/95
Literacy	/5
Total Mark	/100