

# Winchburgh Academy

## SCQF Level 5+6 Sports Coaching



### Course Overview

The SCQF Level 6 Sports Coaching award provides learners with the underpinning knowledge and practical experience required to plan, deliver and review sessions across a range of sporting contexts.

Learners will engage in meaningful coaching with primary schools, including leading elements of Primary PE, supporting movement skills, running warm-ups, and assisting in clubs. Additionally, there could be further opportunities to lead S1 My Academy sessions, assist with extra-curricular clubs, and support whole-school sports events such as tournaments, primary transitions and activity days.

The course supports progression into further study with potential options of Higher Sports Leadership, Level 7 SFA Refereeing or other employment in the sport sector.

### Skills Development

- Focus on planning structured sessions, adapting tasks, behavior management, and reflective improvements
- Communication and leadership skills
- Explore leadership styles, decision-making, group management, and reflection
- Understanding of skill development and performance
- Health, safety and safeguarding awareness
- Self-evaluation and reflective practice

### Units

The award typically includes the following units:

- Sports Coaching: Fundamentals
- Sports Coaching: Planning and Delivery
- Sports Coaching: Reflective Practice

### Assessment

Assessment is mainly practical and includes planning coaching sessions, delivering them to participants, and evaluating performance across a range of sports. Evidence may include written tasks, observations, session plans and reflective accounts.