



# Coach L2 Programme

## Day One

Introductions

Course Outline

BCU UKCC qualifications structure

**Practical Session** - Fundamentals (observation & feedback)

Lunch

Managing Risk & Responsibilities

**Practical Session** - Forward Paddling (IDEAS)

Planning progressive session content

**Homework** - Plan session as part of group's progressive programme

## Day Two

Recap day 1

**Practical Session** - Deliver progressive sessions

Introduction to teaching & learning styles

Learning & VAK questionnaires

Lunch

**Practical Session** - what's my style

Why ask questions?

**Homework** - Plan an activity or game to help keep a journey moving

## Day Three

Recap on first weekend

Memory management & Skills

LTPD

Equity & ethical standards

Session Management (CLAP)

**Journey** to include lunch stop and games planned previous day

Assessing BCU awards

**Practical session** - cross stream activities

**Homework** - plan fun activity (game) involving balance & trim

## Day Four

Recap day 3

Practice structures (Blocked, varied, random, distributed, whole-part-whole)

**Practical session** - it takes two! tandem skills (practice structures)

**Practical session** - balance & trim (fun/rescues)

Lunch

Identifying a mentor and the level two assessment

**Organisation of portfolio**

Individual debrief and action plans