

Coach Level One - Pre-Course Work

On the second day of the Coach Level 1 training weekend you will be required to teach a 15 minute session. You are also required to produce a Scheme of Work and Lesson Plans. The Lesson Plans will be produced on the first day (Saturday) of the course.

In preparation for this you are required to come to the course with a Scheme of Work for the following:

Prepare a Scheme of Work for a 6 week (12 sessions) Introduction course to Aikido.

We fully understand that a Scheme of Work may be something new to you so the following is a guide as to what to produce:

A Scheme of work should have a front page stating what that Scheme of Work is designed to achieve, it's Aims and outcomes, please see sample below:



BAB Coach Level 1

Scheme of Work

AIM:

- This scheme of work is for 6 weeks (12 lessons) introductory course to Aikido.
- The lessons are 1.5 Hrs in Length.
- The course starts on Monday 4th June 2007 and finishes on the 9th July 2007

Outcomes:

- To have a basic understanding of what Aikido is.
- To be able to perform basic forward and backward rolls.
- To be introduced to some basic techniques.
- To be introduced to basic weapons work.

Using the above as a guide produce a Scheme of Work front page, PLEASE DO NOT JUST COPY THE ABOVE

From this outline a more detailed breakdown is produced, please see sample below:

SAMPLE SCHEME OF WORK

Date	Title	Aim	Content	Related Knowledge	Teaching Method / Aid
Add date Add time	Introduction	Outline of Aikido	History Warm up Ukemi 1st form Ikkyo		Video
Add date Add time	1st Form Ikkyo	Understanding Ikkyo Irimi and Tenkan	Warm up Revision Ikkyo Irimi Ikkyo Tenkan	Ukemi Ikkyo	

The finished Scheme should look something like this:

FRONT PAGE

SCHEME OF WORK

AIM:

- This scheme of work is for a 6 week (12 lessons) introductory course to Aikido.
- The lessons are 1½ Hrs in length.
- The course to start on Monday 5th June 2006 and finish on 13th July 2006

Objectives:

- To have a basic understanding of what Aikido is.
- To practice some basic techniques.
- To be able to perform basic forward and backward rolls.
- To be introduced to some basic terms.

12 SESSION SCHEME OF WORK

Date	Title	Aim	Content	Related Knowledge	Teaching Method/Aid
Mon 5th June 2006 8pm – 10pm	Introduction	Outline of Aikido	History Warm Up Ukemi 1 st Form Ikkyo		Video
Thurs 8 th June 2006 8pm – 10 pm	Ikkyo	Understand Ikkyo Irimi & Tenkan	Warm Up Revision Ikkyo Irimi Ikkyo Tenkan	Ukemi Ikkyo	

The completed Scheme of Work should consist of 12 sessions.

Bring your Scheme of Work with you as it is **one of the criteria required for successfully completing the course**. This work will be reviewed on the course when any amendments or corrections can and will be made.