“In at the deep end”

Give out task cards with technique-specific tasks on them (e.g. explain pace counting in Orienteering). The tasks are written deliberately to be too difficult for the level of the Sports Leader.

The Tutor/Assessor asks students to be prepared to lead their task in the next half an hour. Obviously, this will not be possible and the Tutor/Assessor must encourage students to use time before the next session to research the information they require.

This will emphasise the need for planning and organisation. They will do this by tapping into other organisations in their community to find out more about the activity/sport. Then ask the candidate at the next session to teach in small groups the task they have researched.

Discuss with the group what they will need to do to be able to carry out the task next week.
- Read a book
- Watch a video
- Ask an expert
- Try it for themselves
- Contact the governing body for that activity/sport
Explain the scoring system in Australian Rules Football

Explain pace counting in Orienteering

Explain the rules of Short Tennis

Teach the Yoko Shiho Gatame

Explain how to use a Compass

Explain the rules of Korfball
<table>
<thead>
<tr>
<th>Coach the position of Wing Defence in Netball</th>
<th>Explain the rules of Ultimate Frisbee</th>
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<tbody>
<tr>
<td>Explain the handicapping system in Croquet</td>
<td>Coach the Body Position for the Boast Shot in Squash</td>
</tr>
<tr>
<td>Teach some support strokes for Canoeing</td>
<td>Explain how to cradle the ball in Lacrosse</td>
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</tbody>
</table>
Explain the rules of Baseball

Teach the correct technique for Hurdling

Teach the Spike in Volleyball

Describe how to spin bowl at Cricket