

# 06\_Unit 6: Coaching Principles

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Marking Period**  
Length: **2 Classes**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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Overall wellness is framed around a balanced lifestyle. Individuals need to understand the importance of mental health, physical fitness, and nutrition as it relates to weight management and the prevention of diseases and illness. Preventing injury and knowing how to react in life threatening situations is also crucial. Students will gain knowledge in CPR/AED skills and learn how to implement them correctly. Students will also explore various health related careers and coaching principles to enhance personal goal setting and real life skill sets for the future.

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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Unit 6 - 2 Classes - Coaching Principles

This unit will discuss social dynamics of teams as they relate to coaching principles. Social Health is a person's ability to communicate and interact with others efficiently. Individuals are able to form meaningful relationships with others and interact in healthy, appropriate ways. They encompass respect and accept differences of an individual's race, religion, gender identity, gender expression, ethnicity, disability, socioeconomic background, and perspectives of health-related decisions. The extent to which people connect with others in different environments, adapt to various social situations, feel supported by individuals, institutions, and experience a sense of belonging, all contribute to social health and the success of a team. This unit will analyze these correlations from a coaching perspective.

Essential Questions:

- What is a coaching philosophy?
- What challenges do coaches face today?
- What characteristics make a coach successful?
- What role does a coach play in an athlete's life?

Enduring Understandings:

- The safety of your athletes is most important.
- Communicate clear expectations to players and parents to prevent conflict.
- Life lessons can be taught through organized youth sport.
- Sportsmanship is a skill that has to be taught and then enforced.

## **CONTENT AREA STANDARDS**

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NJSLS - Comprehensive Health and Physical Education

2.2.12.MSC.4: Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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NJSLS - Career Readiness, Life Literacies, and Key Skills

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas.

9.4.12.IML.2: Evaluate digital sources for timeliness, accuracy, perspective, credibility of the source, and relevance of information, in media, data, or other resources (e.g., NJSLSA.W8, Social Studies Practice: Gathering and Evaluating Sources.)

9.4.12.CT.1: Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).

9.4.12.CT.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).

## **STUDENT LEARNING TARGETS**

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- Explain the role and responsibility of being a coach.
- Promote sportsmanship amongst all members of a game.
- Develop and implement a practice plan.
- Improve risk management skills by developing safety guidelines.
- Recognize signs and symptoms of concussions.
- Research methods to motivate athletes and enhance communication skills.
- Create a positive and competitive environment.
- Describe ways to effectively communicate with players and parents.

## **Declarative Knowledge**

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Students will understand that:

Analyze the steps necessary in obtaining a NJ driver license.

Examine the NJMVC administrative laws on permits and licensing.

Characterize and describe what is needed for obtaining a license.

Have students turn to the person next to them and test each other to see if one can name all the components of requirements necessary for obtaining a NJ driver License.

Have students form into five groups to prepare for a team quiz by reviewing the five steps: a learning permit and an examination permit. See which group volunteers the most effective answers.

Set up an eye chart, have students stand the appropriate distance and take the test. Discuss

why it is important.

## **Procedural Knowledge**

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Students will be able to:

1. Identify the steps involved in a GDL program, 6 points ID program and vehicle registration in New Jersey.

2. Explain the difference between the Early Bird Road and the Young Adult road permit systems.

3. Identify the five steps for obtaining a learning permit and an examination permit.

4. Compare limitations for the special, examination and probationary permits. 5. Explain the GDL exemptions, special learner permits and examination

permits for NJ residents.

6. Explain why altering a driver license is illegal and identify the consequences. 7. Explain why an application for a driver license may be rejected (test

performance, expired inspection

sticker, condition of the vehicle etc. 8. Describe the requirements for NJ driver test (6 point verification, vision test and knowledge test). Describe the screening test (eye sight, written test, health screening).

9. Describe the road test.

10. Analyze why an application for a driver license may be rejected (test

performance, expired inspection

sticker, condition of the vehicle etc

## **EVIDENCE OF LEARNING**

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Refer to the 'Formative Assessments' and 'Summative Assessments' sections.

### **Formative Assessments**

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- Develop and implement a practice plan for youth.
- Research successful coaching practices.
- Interview a youth coach.
- Examine the competitiveness of players and parents and violence in sports.

### **Summative Assessments**

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- Construct a coaching philosophy.
- Design a team rules page to manage behavior of athletes.

## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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Glencoe Health Book

Teacher/Administrative Approved Research Sites

- [www.NJSIAA.org](http://www.NJSIAA.org)
- [www.nfhslearn.com](http://www.nfhslearn.com)
- Coach Wooden's Pyramid of Success
- Rutgers Safety Course PowerPoint presentation [www.youthsports.rutgers.edu](http://www.youthsports.rutgers.edu)
- Coaching Management magazine
- Chromebooks will be utilized for document creation, presentations, and research.
- Chromebooks utilized whenever possible for document creation, presentations, and research.

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.