# STAGE 3 - OBSERVATION SHEET

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| Assessor name: |  |
| Date: |  | Centre: |  |

# STAGE 3 COACHING - OBSERVATION SHEET

**PLEASE HOLD ONTO OBSERVATION SHEETS FOR 3 MONTHS. CONFIDENTIALLY DESTROY AFTER THIS TIME**

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| Learning Outcomes | Assessment criteria | Candidate name/ number | Candidate name/ number |
| LO1 – Understand the roles and responsibilities of a coach | 1.1 Describe the roles of a coach |  |  |
| 1.Explain the responsibilities of a coach |
| LO2 – Be able to coach safely | 2.1 Demonstrate regard for safety  |  |  |
| LO3 – Be able to demonstrate lesson management skills | 3.1 Demonstrate effective communication skills |  |  |
| 3.2 Demonstrate time management skills  |
| LO4 – Be able to coach a flatwork session | 4.1 Produce a lesson plan |  |  |
| 4.2 Coach progressive exercises to riders |
| 4.3 Implement suitable adaptations to coaching practices |
| 4.4 Evaluate the lesson |
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| Learning Outcomes | Assessment criteria | Candidate name/ number | Candidate name/ number |
| LO5 – Be able to coach a simulated cross country lesson | 5.1 Produce a lesson plan |  |  |
| 5.2 Coach progressive exercises to riders |
| 5.3 Implement suitable adaptations to coaching practices |
| 5.4 Evaluate the lesson |
| LO6 – Understand how to develop own skills | 6.1 Explain opportunities for continual professional development of coaching |  |  |

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