

Level 2 Certificate in Coaching

Activity Leadership in Schools

Inspire Others | Build Confidence | Start Your Coaching Journey

This certificate is designed for those beginning their coaching career. Learners will develop the practical skills and knowledge to plan, deliver and review safe and engaging coaching sessions, while supporting the development of participants in a range of sports and physical activities.



About the Apprenticeship

Ideal for individuals wanting to start their journey in coaching, this qualification provides the foundation for working with children, young people, and adults in community, school, or club settings.

- **Duration:** Typically 12 months
- **Delivery:** Blended learning, practical coaching tasks, and tutor support

What You Will Learn

- **Coaching Basics** – Plan and deliver safe, effective, and inclusive coaching sessions.
- **Communication Skills** – Build positive relationships with participants of all ages and abilities.
- **Inclusive Practice** – Adapt sessions to meet diverse needs and abilities.
- **Health & Safety** – Understand safeguarding, welfare, and safe practice in sport.
- **Self-Reflection** – Evaluate your coaching and identify areas for improvement.

Who is it for?

- New coaches starting their first qualification
- Volunteers in community sport or clubs
- Teaching assistants or school staff supporting PE and activity sessions
- Anyone passionate about developing people through sport and physical activity

Career Progression

- Progress into paid or voluntary coaching roles in schools, clubs, or community settings
- Build towards higher-level qualifications such as the Level 3 Community Sport and Health Officer or Level 3 Certificate in Supporting PE and School Sport
- Develop transferable skills to support careers in education, health, and active leisure

