

Date:	Period:	Activity:	Coach name:
Class:	Age:	Boys:	Girls:
Aim of the lesson:	Success criteria:	Group Ability:	
		Medical Needs:	
		Specific Needs:	
Resources:		Key words:	
	Leader and Participant activities <i>What has the leader planned to enable participants to make good progress?</i>		Timing
Warm up Relevant to the sport			
Main Activity Include Demonstrations and key teaching points			
Cool Down Include Demonstrations and key teaching points			

Why have you chosen these activities?

What is the benefit of doing this activity to the participants?

Warm up activity-

Main activity-

Cool-down