

Lesson Plan

Example below

Lesson Aim – Introduce freestyle arm action with strong kick

Le	Lesson Section		Duration		Activity/Skill	Key Teaching Points
	Introduction		How long you	What	activities will you use to develop skills,	Equipment required.
	Revision		will spend on	encou	rage participation and allow for practice.	Specific children's requirements
	New Skills		the activity. Remember repetition. What you game / activity			What you game / activity
	onclusion)		Pa	rents need to be given teaching tips.	and the second second
	3110143101	'			dren will all progress at their own pace	
Lesson	skill:				Age Range:	
Lesson Section Duration		n Activity/Skill		Key Teaching Points		
Introduction		Daration Trottvity/C		Troy readming remite		
Revision						
New Skill	's					
Conclusio	on					
Lesson	skill:				Age Range:	
Lesson Section Duration		n Activity/skill		Key Teaching Points		
Introducti						
Revision						
New Skill	ls					
Conclusio	on					
Lesson skill: Age Range:						
Lesson S	Section	Duration	Activity/s	skill	Key Teach	ning Points
Introducti		_				
Revision						
New Skill	ls .					

Conclusion