

Lesson Plan

Example below

Lesson Aim – Introduce freestyle arm action with strong kick

<i>Lesson Section</i>	<i>Duration</i>	<i>Activity/Skill</i>	<i>Key Teaching Points</i>
<i>Introduction</i>	<i>How long you will spend on the activity.</i>	<i>What activities will you use to develop skills, encourage participation and allow for practice. Remember repetition. Parents need to be given teaching tips. Children will all progress at their own pace</i>	<i>Equipment required. Specific children's requirements What you game / activity</i>
<i>Revision</i>			
<i>New Skills</i>			
<i>Conclusion</i>			

Lesson skill: _____ *Age Range:* _____

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