**Task 2.1**

**Plan, assist in leading and review a sport/physical activity session**

**Session Plans - to be completed by the learner**

You are required to complete plans for at least 3 sport/activity sessions for different activities and complete a review for at least one session that has been led

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| **Session Plan 1** |
| **Date of session** | **Time and duration** | **Participants (who, number, age/ability, etc.)** |
|  Summer(imagine) |  1 hour |  20 pupils |
| **Focus/aim of session** | **Topic/sport/activity- choose your favourite/most confident**  |
|  Pick a skill:  |   |
| **Facilities/working space/environment** | **Equipment list (depending on your sport)**  |
|  Games hall  |   |
| **Purpose of activity** | **Name and description of activity**Use written descriptions and/or diagrams | **Adaptation**Suggest 1 change to make each activity more/ less challenging |
| Introduction and warm up |   |   |
|   |
| Main session |   |   |
|   |
| Cool down and close |   |   |
|   |
| Other things to remember/be aware of |   |

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| **Review of the session** |
| **What went well?** | **How did you review the session?** |
|   |   |
| **What needs more work?** | **What will you change for next time?** |
|   |   |