**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?** |
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