



EXAMPLE PLAN D TEMPLATE

ACTIVITY TWO - Teaching Points

LEARNING OUTCOMES

EQUIPMENT

Skill Development

Activity / Game

WARM UP

Start

Equipment

Activity / Game

DISCUSS

WARM DOWN

- Stretch in a circle and reflect on the session - Ask the group questions like: What skills did you learn today? What went well? What do you need to continue to work on? Any other comments.

NEXT SESSION

Please write comments here on what you plan to do next session. It is important to refine skills learned today before moving onto a new topic.

ACTIVITY ONE -

Teaching Points

Skill Development

Activity / Game