Name:

Session Planner \_\_\_\_

**Date** **Time**

**Venue** **Duration**

**Group Details** (age, ability, number, etc):

**Equipment required:**

**Goals of the session**

|  |  |  |
| --- | --- | --- |
| Organisation / Presentation | | Time |
| Introduction / Warm up | |  |
| Main Content  Details: | Coaching points: |  |
| Cool Down / Summary | |  |
| Health & Safety | | |

Session Evaluation Session Reference..........................

1.Participants Performance: In which aspects did the participants improve/Not improve

2.Content:Comment on suitabliity, any alterations to plan, participants feedback

3.Teaching: Comment critcally on your performance. What went well or not so well!

4.Other Comments: Injurys? Behaviour Difficulties?

5.Action Points (Minimum of 4);

1.

2.

3.

4.

5.