

Lesson Plan

iUSP145 – Planning health related exercise and physical activity for children

Component: _____

Level: _____

Health and safety, to include: <ul style="list-style-type: none"> Working with children aged 5-15 	Exercise/activity chosen, to include: <ul style="list-style-type: none"> Reason for choice Warm up Range of physical activities Cool down 	Adaptation of exercise/activity for changing needs, to include: <ul style="list-style-type: none"> Change in activity Reason for choice 	Communication skills and appropriate incentives, to include: <ul style="list-style-type: none"> Appropriate to the needs of children Reason for choice Fun Motivating

Teaching Points	Teaching Points	Teaching Points	Teaching Points

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator