

Lesson plan

iUSP166 – Programming a Pilates teaching session

Aims and objectives of session:	
Pilates exercise:	
Description of exercise:	
Reason for choice:	
Progressions:	
Transitions:	
Teaching points:	
Evaluation of plan and comments:	

Lecturer/assessor name: _____ Signature: _____ Date: _____

Quality assured by name: _____ Signature: _____ Date: _____

External examiner's name: _____ Signature: _____ Date: _____

Document History

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