

## Session Plan Template

<b>Date:</b>		<b>Group No's:</b>		<b>Age/Ability range:</b>	
				<b>Any issues arising:</b>	
<b>Venue / route</b>					
<b>State Risks identified/ action taken or planned</b>				<b>Pre session advice and checks</b>	
				<ul style="list-style-type: none"> <li>• Kit</li> <li>• Injuries</li> <li>• Other</li> </ul>	
<b>Time Allocated</b>	<b>Warm up activity (RAMP)</b>			<b>Safety &amp; Organisation Considerations</b>	
[ 2 ] mins					
<b>Leader:</b>					
<b>Time Allocated</b>	<b>Main Activity Title:</b>			<b>STEP / Adaptation Considerations</b>	
[ 4 ] mins					
<b>Leaders:</b>	<b>Key Technical Points for the activity:</b>	<b>Key Fitness Components for the activity</b>			
	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>			
<b>Time Allocated</b>	<b>Cool down activity</b>			<b>Concluding the session?</b>	
[ 2 ] mins					
<b>Leader:</b>					

