1B.3 and 2B.3

|  |  |
| --- | --- |
| Date | Activity |
| Time | Venue |
| Age of participants |  |
| Gender | Number of participants |
| Health and safety considerations |  |
| Medical issues | Risk assessment completed Y / N |
| Equipment | Informed consent completed Y / N |
| Aims of the session | |
|  | |
| Component in time (minutes) | Description of activity (include diagrams) |
| Warm up |  |
|  |  |
|  |  |
| Main Component |  |
| Cool down |  |

2B.M3

Explain why you chose the activities for the warm up

Explain why you chose the activities for the main component

Explain why you chose the activities for the cool down