

Session details:

Date: _____ Time: _____
Venue: _____

Participant details:

No. of adults: _____ (male) _____ (female)
No. of children: _____ (male) _____ (female)
Level and range of competence: _____

Aim of session:

Equipment needed:

Session plan:

Warm-up: _____

Time allowed: _____

Main activity: _____

Time allowed: _____

Cool down: _____

Time allowed: _____

Evaluation:
