

PLAN AND DELIVER A SESSION AS A TEAM

Date:	Group No's:	Age/Ability range: Any issues arising:
Venue/route		
Risk Assessment completed		Risks identified/action taken or planned
Purpose of session	Activity	Pre advice and checks <ul style="list-style-type: none"> ✓ Kit ✓ Injuries ✓ Other
Warm up activity		Safety issues
Activity		Contingency plan
Cool down activity		Stretching

Post session review and information

Feedback from group

What to do during the week

Next week's plan

Other information

Things for me to think about next time

Ways I might change the session to adapt for other abilities are: