LESSON PLAN

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Stroke |  |   |   |  | Date |   |   |  |
|  |  |  |  |  |  |  |  |  |
| Aims and Objectives of Lesson |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
|  Age Group  | Group Size  | Ability  |   | Facility |   |   |
|  |  |  |  |  |  |  |  |  |
| Equipment Required for session |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| Support Staff |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| Has facility undergone a risk assessment |  Yes |  No |   |   |   |
|  |  |  |  |  |  |  |  |  |
| Has the session been approved by your line manager |  Yes |  No  |   |   |   |
|  |  |  |  |  |  |  |  |  |
| PHYSICAL |   |   |   |   |   | Time |   |
|   |  |  |  |  |  |  |  |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| TECHNICAL PROGRESSIONS |   |   |   |   | Time |   |
|  |  |  |  |  |  |  |   |
|   |  |  |  |  |  |  |  |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| TACTICAL DRILL |   |   |   |   |   | Time |   |
|   |  |  |  |  |  |  |  |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |
| MENTAL GAME |   |   |   |   |   | Time |   |
|   |  |  |  |  |  |  |  |   |
|   |  |  |  |  |  |  |  |   |
|   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Lesson Evaluation |  |  |  |  |  |  |  |
| Progress |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
| Suggested changes for this lesson plan in the future |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
| Comments |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |