

# Lesson Plan #

Lesson type:

Level:

Previous learning:

Lesson aim:




Equipment:

Exercise/Activity	Teaching Points	Organisation	Duration
Entry:			
Warm up:			
Main Theme:			
Contrasting Activity:			
Exit:			

Total time:    minutes



## Lesson #    Assessment

<b>Lesson Objective:</b>		
<b>Below average</b>	<b>Average</b>	<b>Above average</b>
		
<b>Attempts to demonstrate but does not show the correct technique</b>	<b>Able to perform most of the technique correctly some of the time</b>	<b>Performs the technique correctly most of the time</b>

<b>Assessment</b>	