

Year 7, PE

Worksheet 1

Name of session:

Date and Time:	Team/Group:	Equipment needed:
Location:	Duration:	Health and Safety:

Aim of Session:

Context and previous content:

Warm up activities

Main activity

Cool-down



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**Coaching
points/questions:**

Additional notes:

What are some other activities you would like to conduct as a coach outside of the session and why?

How could you plan to challenge some of the talented footballers in the session?

