

# 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:**

<b>Warm up activities</b>	<b>Main activity</b>	<b>Cool-down</b>



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## Worksheet 1

**Coaching points/questions:**

**Additional notes:**

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

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

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