

<b>LOCATION:</b> Where?	<b>NUMBER AND AGE OF CHILDREN:</b> To whom?	<b>DATE:</b> When?
<b>NUMBER OF THE LESSON:</b> Which lesson?	<b>LEADER(S):</b> Who is/are leading?	<b>DURATION:</b> How long is the lesson?
<b>GOALS</b>		
	What is the physical activity goal of the lesson? How is the goal evaluated at the end of the lesson? What is the life skill goal of the lesson? How is the goal evaluated at the end of the lesson?	
<b>CONTENT</b>		
	What physical activity is practiced during the lesson? What life skill is practiced during the lesson?	
<b>WORK DISTRIBUTION</b>		
	Who is responsible for the lesson? Are there assistant leaders? What are the roles of each leader?	
<b>CONDITIONS</b>		
	What are the conditions?	
<b>EQUIPMENT</b>		
	What equipment are used?	
<b>AWARENESS TALK</b>		
How long?	Write down questions to ask or topics to cover.	
X minutes	What is the purpose of the program/lesson? What are life skills? What is the content of the lesson (physical activity + life skill)? What are the goals of the lesson (physical activity + life skill)? What is evaluated in the end? How are children invited to give input?	
<b>PHYSICAL ACTIVITY</b>		
How long?	Write down and draw the plan in detail. Write down rules, questions, actions, etc. that integrate life skills to the lesson. Write down which teaching strategies are used, how and when.	
X minutes	WARM-UP ACTIVITY	
X minutes	PHYSICAL ACTIVITY 1	
X minutes	PHYSICAL ACTIVITY 2	
X minutes	PHYSICAL ACTIVITY 3	
X minutes	COOL DOWN ACTIVITY	

<b>GROUP MEETING &amp; REFLECTION TIME</b>	
How long?	Write down topics to cover or questions to ask.
X minutes	Sharing opinions Asking suggestions Life skills Evaluating the group and self Personal reflection Transfer of the skills
<b>ENDING</b>	
How long?	
X minutes	Group chooses a way to end the lesson.