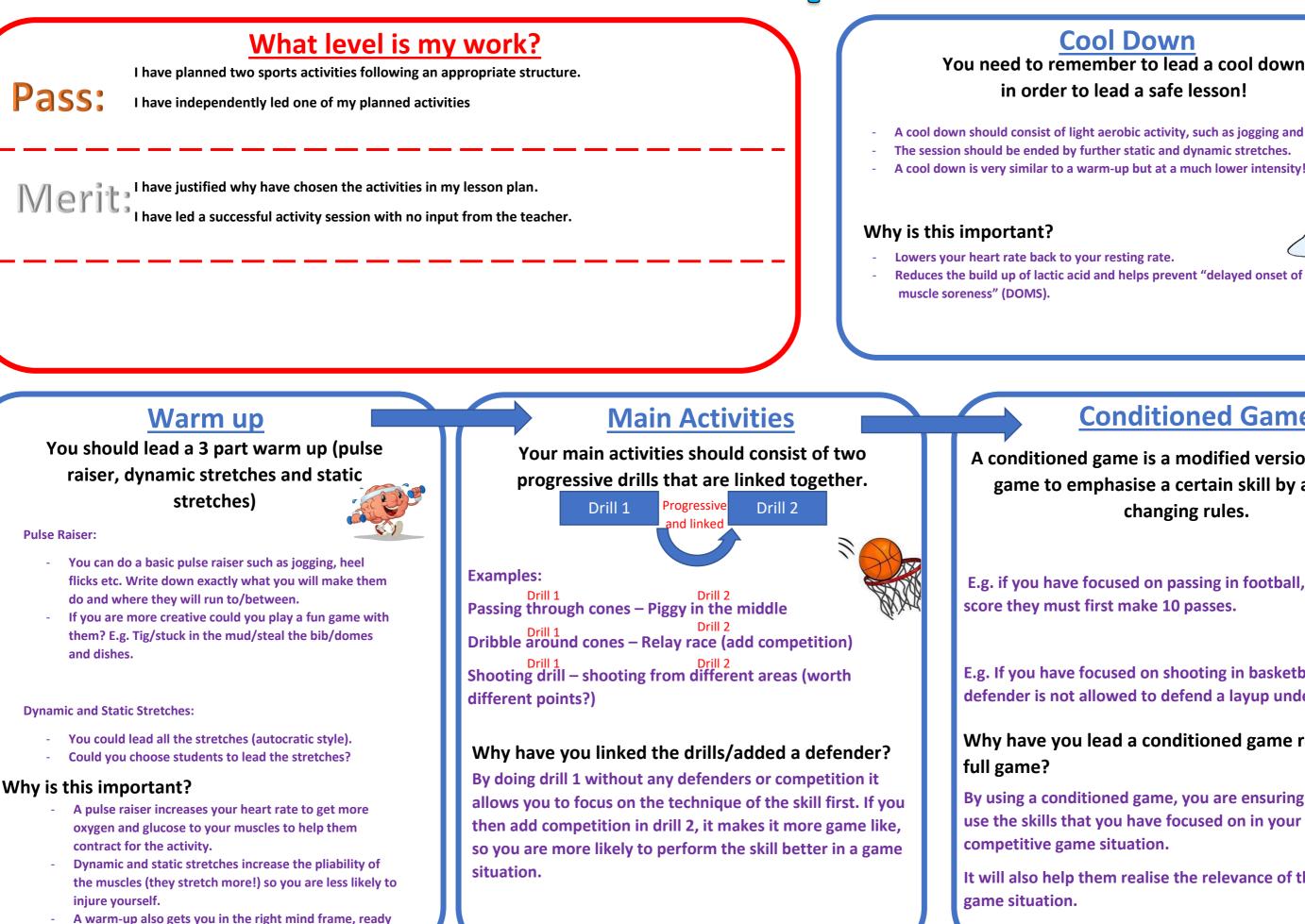
Unit 6: Leading Sports Activities

for exercise!

How to plan a lesson





Cool Down You need to remember to lead a cool down in order to lead a safe lesson!

A cool down should consist of light aerobic activity, such as jogging and walking.

Conditioned Game

A conditioned game is a modified version of the full game to emphasise a certain skill by adding or changing rules.

E.g. if you have focused on passing in football, for a team to

E.g. If you have focused on shooting in basketball, a defender is not allowed to defend a layup under the basket.

Why have you lead a conditioned game rather than a

By using a conditioned game, you are ensuring that students use the skills that you have focused on in your drills in a

It will also help them realise the relevance of the skill in a