

# How to plan a lesson

## What level is my work?

### Pass:

- I have planned two sports activities following an appropriate structure.
- I have independently led one of my planned activities

### Merit:

- I have justified why have chosen the activities in my lesson plan.
- I have led a successful activity session with no input from the teacher.

## 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.
- The session should be ended by further static and dynamic stretches.
- A cool down is very similar to a warm-up but at a much lower intensity!



### Why is this important?

- Lowers your heart rate back to your resting rate.
- Reduces the build up of lactic acid and helps prevent "delayed onset of muscle soreness" (DOMS).

## Warm up

You should lead a 3 part warm up (pulse raiser, dynamic stretches and static stretches)



### Pulse Raiser:

- You can do a basic pulse raiser such as jogging, heel flicks etc. Write down exactly what you will make them do and where they will run to/between.
- If you are more creative could you play a fun game with them? E.g. Tig/stuck in the mud/steal the bib/domes and dishes.

### Dynamic and Static Stretches:

- You could lead all the stretches (autocratic style).
- Could you choose students to lead the stretches?

### Why is this important?

- A pulse raiser increases your heart rate to get more oxygen and glucose to your muscles to help them contract for the activity.
- Dynamic and static stretches increase the pliability of the muscles (they stretch more!) so you are less likely to injure yourself.
- A warm-up also gets you in the right mind frame, ready for exercise!

## Main Activities

Your main activities should consist of two progressive drills that are linked together.



### Examples:

- Drill 1: Passing through cones – Piggy in the middle
- Drill 2: Dribble around cones – Relay race (add competition)
- Drill 1: Shooting drill – shooting from different areas (worth different points?)
- Drill 2: Shooting drill – shooting from different areas (worth different points?)



### Why have you linked the drills/added a defender?

By doing drill 1 without any defenders or competition it allows you to focus on the technique of the skill first. If you then add competition in drill 2, it makes it more game like, so you are more likely to perform the skill better in a game situation.

## 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 score they must first make 10 passes.

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 full game?

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

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