

| Name | Sport | Session Number |
|------|-------|----------------|
|      |       |                |

| Establish participant's needs |  | Equipment / resources needed |
|-------------------------------|--|------------------------------|
| Age                           |  |                              |
| Gender                        |  |                              |
| Ability                       |  |                              |
| Fitness levels                |  |                              |
| Health issues                 |  |                              |
| Safety considerations         |  |                              |

| Session objective |  |   |
|-------------------|--|---|
|                   |  |   |
| Times             | Main content (what the participants will do) | Differentiation (how I will make it harder or easier) |
|                   |  |   |