**Physical Activity for Children Session plans**

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| **Session date** |  | **Session duration** |  |
| **Venue / Facility** |  | **Instructor** |  |
| **PARQs completed by all participants** |  | **PARQ notes** | |
| **Risk Assessment completed** |  | **Any areas of concern** |  |
| **Client group details**  **(age, gender they identify with, numbers and ability)** |  | | |
| **Session aims and objectives.**  **Identify areas of Physical development** |  | | |
| **Equipment to be used** |  | | |
| **Session detail**  **Include timings for each section and relevant teaching points.**  **Provide specific instructions.** | **Warm up**  **Main session**  **Cool down** | | |

**Physical Activity for Children - Self-evaluation**

Evaluate coaching sessions and develop personal coaching practice. The purpose of a self-evaluation is assess the session which was planned and delivered, identifying strengths, areas for development, and learning lessons for the future. Utilise your self-evaluation by forming a personal action plan and consider this when planning your next session.

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| Were you able to follow your devised session plan?  If not, what precipitated the change? |  |
| How effective were your arrangements – for example was there sufficient and suitable equipment available? |  |
| Were the aims and objectives of the session met? |  |
| In which aspects did the participant(s) improve / not improve? |  |
| Evaluate your own teaching performance.  Discuss areas such as teaching points, feedback, motivation, observation, demonstration, and correction of technique.  Which aspects of your teaching did you do well?  Which aspects of your teaching need improvement for the future? |  |
| List any action points from the session for participants, content and yourself. |  |