Session plan

When writing your session plan, as well as considering the four different ways of adapting the activity, you should aim to answer the following questions.



Space – where is the activity going to happen?



Task - what is happening during the target activity?



Equipment and resources - what is being used during the activity?



People - who is involved in the activity?

The session plan template covers the four questions above and also includes other considerations. These should be shared with all staff supporting the session.

Session:

Lead facilitator:

Support staff:

Overall objectives:

Date and time:





Session plan

continued...



