



Session Plan Template

Date:	Attendance: Trystars group	Equipment needed: nil
Venue:		
Duration: 4 minutes		
Introduction (aims for session, reminders, etc.): Bring fun and noise into the session		
Warm-up activities: Nil Simple demonstration only by coach or a volunteer	Drills and games: All in an open line facing a big open space (oval) <ol style="list-style-type: none">1. Raise both arms above head2. Run as far as you can on one breath YELLING3. Person who runs furthest <u>still yelling</u> wins Aims – kids like to be noisy -- that's how you cross the finish line (happy, hands up, celebrating etc)	Cool-down activities: Nil
Coaching tips/questions/challenges: Make sure lots of noise Get them in happy mood		Class management/energisers:

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :