

Lesson Planning Sheet

Program

Date:

Week Number: Lesson Theme:

Introduction	
Warm Ups	
Teaching Points	
Drills/skills/routines	
Games	
Summary	

Lesson Planning Tool

Term:

Theme of Lesson	Teaching Points	Suggested Activities
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Progression of a skill into a game

Stroke	Drill	Movement Drill	Pair Routine	Restricted game