

Candidate Worksheet 1.3

Session formats

<p>Warm-up</p> <p>Main activity</p> <p>Cool down</p>	<p>Warm-up</p> <p>Relay races</p> <p>Cool down</p>
<p>Warm-up</p> <p>Small group activity</p> <p>Full game</p> <p>Cool down</p>	<p>Warm-up</p> <p>Skills circuit</p> <p>Full game</p> <p>Cool down</p>
<p>Warm-up</p> <p>Skills circuit</p> <p>Potted sports and small sided games</p> <p>Full game</p> <p>Cool down</p>	<p>Warm-up</p> <p>Pairs activities</p> <p>Small group activities</p> <p>Relay races</p> <p>Cool down</p>
<p>Warm-up</p> <p>Circuit training – half the group working on eight stations, half the group running</p> <p>Change over</p> <p>Cool down</p>	<p>Warm-up</p> <p>Cooperative games</p> <p>Cool down</p>
<p>Warm-up</p> <p>Individual or pairs skills</p> <p>Mini competition</p> <p>Cool down</p>	<p>Warm-up</p> <p>Individual skills</p> <p>Small group activity</p> <p>Cool down</p>