



Activity Plan



FUNDAMENTAL MOVEMENT SKILLS

- _____
- _____
- _____
- _____

ABC's

- Agility
- Balance
- Coordination
- Spatial Awareness

Heart Beater Activity

- Moderate
- Vigorous

LIFE SKILLS

- _____
- _____
- _____
- _____
- _____

ACTIVITY TYPE

- Opening/Closing Activity
- Core Activity
- Transition Activity
- Supplemental/Theme Activity
- Games

Activity Name:

No.

Time:

Age:

SAMPLE
Customize For Your Organization

Coaching
TIPS

Activity Name:

No.

Coaching
TIPS

EQUIPMENT REQUIRED/SET-UP

SAMPLE
Customize For Your Organization