|  |  |  |  |
| --- | --- | --- | --- |
| Jc Academy Logo.pngSubject: PE Year: All years Lesson: SAQ | | | |
| Resources: | | | |
| Warm up (15mins): | | | Coaching points: |
| Safety points: |
| Main Activity (35mins): | | | 1 Coaching points:  2. Safety points: |
| Cool Down(10mins) | | | Safety points: |
| Red | AMBER | GREEN | Outcome of the session: |