

# My Fitness Lesson for My Family

<b>Type of lesson:</b>	<b>Equipment I will need:</b>
Examples: Fitness class, PE and games class, bike riding class, football lesson, dance, yoga.	What will you need to complete your lesson? E.g. Music, footballs, space?
<b>Warm up:</b>	
Before we start exercising we must warm up our muscles. How will you do this? You could include some movements, stretches, jogging on the spot, a game. Plan your warm up here.	
<b>Main Activity:</b>	
Here you can plan your fitness/game/yoga/dance lesson. You may choose to write down what you would like to do, make jottings of your dance moves, draw an obstacle course, write the rules of your game etc.	

**Cool Down:**

How will you cool down your bodies? You could do some breathing exercises, stretching or a calm game like Sleeping Lions.

**Evaluation:**

Did you enjoy your lesson? Did it go to plan? Were your family good pupils and listen carefully to your instructions? What did you family think of your lesson?