|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Training Session No.: | No. of participants: | | Date: | Total time for session: | |
| **Overall Focus Sporting Competences (motor, technical, tactical):** | | | **Overall Focus S4D Topic:** | | |
| **LEARNING OBJECTIVES SPORTING COMPETENCES:** By the end of the session the children/youth must be able to: | | **Review:**  Objectives achieved after the session? | **LEARNING OBJECTIVES S4D COMPETENCES:** By the end of the session the children/youth must be able to: | | **Review:**  Objectives achieved after the session? |
| 1. | |  | 1. | |  |
| 2. | |  | 2. | |  |
| 3. | |  | 3. | |  |
| Consequences for the next training: | | | Consequences for the next training: | | |

|  |  |
| --- | --- |
| **I. OPENING TEAM CIRCLE** | Duration: |
| Content:   * Welcome * Share important things * Explanation of training and learning objectives | Questions for the children/youth (*EXAMPLES*):   * *How are you doing? How was your week?* * *Does anybody want to share something important?* |
| **Review:** | * *Please reflect what went well/what did not:* |
| Positive ☺ | Negative  ☹ |
| Consequences for the next training: | Consequences for the next training: |

|  |  |  |
| --- | --- | --- |
| **II. WARM UP** | Duration: | |
| Organization/Equipment | Activities/exercises: | |
|  |  | |
| **Review:** | * *Please reflect what went well/what did not:* | |
| Positive ☺ | | Negative  ☹ |
| Consequences for the next training: | | Consequences for the next training: |

|  |  |  |
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| **II. MAIN PART:** | Duration: | |
| Organization/Equipment: | Activities/exercises: | |
|  |  | |
| **Review:** | * *Please reflect what went well/what did not:* | |
| Positive ☺ | | Negative  ☹ |
| Consequences for the next training: | | Consequences for the next training: |

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| **II. CLOSING CIRCLE/REFLECTION:** | Duration |
| * Reflection of the learning objectives of training session (sporting competences, S4D competences) * Transfer/Linkage between competences gained through training and daily life | Questions for the children/youth (*EXAMPLES*):   * *What did you learn through the activity…?* * *What did you need in exercise…? What was necessary?* * *Can you highlight a few key points?* * *What was difficult for you, what was easy? Etc.* |
| **Review:** | * *Please reflect what went well/what did not:* |
| Positive ☺ | Negative  ☹ |
| Consequences for the next training: | Consequences for the next training: |