Comprehensive Lesson Planning
Child and Youth Program Reflection/Checklist

CANADIAN SPORT FOR LIFE

Canadian Heritage
Sport Canada

Patrimoine canadien

Program:

of Sessions or Days:

Session Length

Program Dates:

ARPA
Recreation for Life

Instructor:

Government of Alberta

ALBERTA SPORT, RECREATION PARKS & WILDLIFE FOUNDATION

Alberta
Freedom To Create. Spirit To Achieve.

Session/Day	1	2	3	4	5	6	7	8	9	10	11	12
FUNDAMENTAL MOV'T SKILLS												
Stability												
Balance												
Bend												
Stretch												
Twist												
Turn												
Swing												
Stop												
Push/Pull												
Dodge												
Roll												
Locomotor												
Run												
Jump												
Walk												
Skip												
Gallop												
Cycle												
Slide												
Skate												
Swim												
Object Manipulation												
Throw												
Kick												
Strike												
Catch												
Trap												
FORMATS												
Structured												
Unstructured												
ENVIRONMENTS												
Outdoors												
Ground												
Air												
Water												
Snow/ice												
RHYTHM AND MUSIC												
TACTICS/DECISION MAKING (8+)												
TRANSITION ACTIVITIES												
FITNESS												
Stamina (Cardio)												
Speed												
Strength												
Flexibility												
Core												