

LIFESTYLE PROGRAM - Lesson Plan Outline

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| TITLE OF COURSE | |
| DESCRIPTION (Program advertising blurb) | |
| DATE (Suggested day of week) | |
| TIME FRAME (eg 9 am – 2 pm, whole day etc) | |
| DURATION (no of weeks the course will run) | |
| MATERIALS REQUIRED (Student requirement sheets ie what will students need to bring along to your course) | |
| VENUE REQUIREMENTS Classroom? Garden? Computer room? | |
| SPECIAL CLASS REQUIREMENTS If you wish to feature a guest speaker, organise an excursion, dine out, showcase your class achievements or include any other special elements in your lessons please indicate here and integrate them into your lesson plan. (Subject to CEO approval). | |
| LEARNING OBJECTIVES FOR WHOLE COURSE What do you hope the students will achieve at the end of the course? | <i>At the end of these sessions students will be able to:</i> |

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| LESSON 1: LEARNING OBJECTIVE | LESSON CONTENT | RESOURCES and EQUIPMENT REQUIRED |
|---|-----------------------|---|
| | | |
| LESSON 2: LEARNING OBJECTIVE | | |
| LESSON 3: LEARNING OBJECTIVE | | |
| LESSON 4: LEARNING OBJECTIVE | | |

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| LESSON 5: LEARNING OBJECTIVE | LESSON CONTENT | RESOURCES and EQUIPMENT REQUIRED |
|---|-----------------------|---|
| | | |
| LESSON 6: LEARNING OBJECTIVE | | |
| LESSON 7: LEARNING OBJECTIVE | | |
| LESSON 8: LEARNING OBJECTIVE | | |



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TUTOR NOTES:

A series of horizontal dotted lines for writing notes.