

FIGHT FOR YOUR FUTURE

LESSON 1

Training plan

"Every reason is good to start running"



Preparations

Goals

the student analyzes the received plan, understands its content, ask questions

Methods

verbal, discussion, presentation

Teaching aids

initial test, prepared training plan

Course of the lesson

1. Initial test - the test is to check what the student thinks about his/her own running skills. The test is about achievements, condition and expectations of our student. It also checks the knowledge about running.

2. Training plan - When student filled the test we can present prepared training plan. First of all we should explain everything to the student. There is a lot of informations, so at the beginning student may be a little bit confused.

3. Test run - If we want our student to do everything correctly we have to go to run with him. This is the only way to find out what are the real possibilites of the student, howe he moves, how he runs. Thanks to this, we will be able to modify the plan accordingly.



Erasmus+