

Teaching day

Key points for your teaching day:

- Make sure you have me go over your lesson 2 days prior to your teaching day
- Make sure you have gym/field space available for both teaching days
- Make sure you know where the equipment is located and how much is needed
- Loud voice when speaking
- Make sure you have clear instructions and demonstration
- Fitness activity is cardiovascular based
- **Both lessons are typed**
- Handouts for your activity provided by the last day of the lesson