



SWIMMING SOUTH AFRICA

LTS LESSON PLAN

NAME OF INSTRUCTOR		LESSON TOPIC			
SPECIFIC AIMS					
NO.OF PUPILS	AV. AGE OF PUPILS	DURATION OF LESSON	SPECIAL NEEDS	EQUIPMENT NEEDS	MEDICAL NEEDS



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LTS LESSON PLAN

WARM UP	ACTIVITIES	TEACHING POINTS	ORGANISATION	TIME
MAIN POINTS				
CONCLUSION				

Name:.....

Date: