

How to use Lesson Plan?

1 Values of Sport & My Life
"I think through values of sport"

2 PHASE 1 2 3 4 5 6 7

3 TARGET: Youth & School Children / Student WHAT: Values of Sport WHEN: Community Activity HOW: Activity Session

4 60x2 min/session

5 Aim: 1. To enjoy "New MOI" 2. To think and express the values of sport through "New MOI" 3. To discover what you want to embrace the values of sport

6 Evaluation point: 1. To actively participate in group discussion 2. To compare self opinions to others and create rules by including these opinions 3. To express the values of sport in own word based on own's experience and knowledge

7 Necessary items: 1. Items to create "Sumo Ring" (vinyl tape, rope, etc) 2. Bounce ball (Any kind of ball is okay. Bigger is easier to play.) 3. Blackboard/Whiteboard 4. Pens/Markers 5. Flag to sign

Session flow	Study & Activity point	Session Contents		Points for deliverer		Materials & items required	Phase of understanding
		Deliverer (teachers/lecturer) - Explanation, Question	Participants (target) - Activity	Points of explanation to participants	Evaluation point and support		
6 Preparation period (making groups)	7	8 Make 4-6 people, and sit down in a group	9	10	11	12	13

- 1** Session Title & Subtitle
- 2** Target Phase aimed in the session
* Check "Education Package Guideline (P18)" to identify your target phase
- 3** Ideal "TARGET", "WHAT", "WHEN", "HOW" to deliver the session
* Please check "Education Package Guideline (P10)" for details
* Multiple options and choice for each category can be possible
- 4** Required time to deliver the session
- 5** Aim: Aim of the session (to achieve the session goal)
Evaluation point: Points to evaluate the target through the session
Items for session: Required items and materials for the session
- 6** Time lap and session flow
- 7** Points and objectives for each session flow
* Recommend to check together with "Phase of understanding **13**"
- 8** Deliverer's explanation and questions in each session flow
- 9** Participants (target) activity in each session flow
* Deliverer should engage with the participants or assist the group/individuals for their activity
- 10** Additional/Supplementary points for deliverer to explain
- 11** Deliverer's check point to evaluate the participants activity/behavior
- 12** Materials and items required in each session flow
- 13** Objective for learning illustrated in each session flow. Corresponded to "Study & Activity point **7**":
 - 💡 Acknowledge, Awareness, Discover
 - ✅ Understand, Develop, Deepen
 - 💖 Express, Disseminate, Share, Act
 * Recommend to check in tandem with "Study & Activity point"

Aim and the contents of session can be customized depending on your target and the phase you want to achieve

Contact

For any questions or requests, please contact JADA Team: playtrue2020.info@playtruejapan.org