**Month: October 2020**

**Theme:** Olympics Lesson 38

**I. Objective of lesson**:

1. Learn to practice an activity and get better at it

2. Explore different and fun ways to compete in the activity

3. Develop friendship through competition

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

1. Set up the activities for the participants to practice
2. Come up with a warm up activity of some stretches from the workouts or create your own fun way to warm up
3. Practice against each other promoting positive encouragement
4. Encourage participant to try the other activities
5. HLC Binder
6. Document what the person did in the activity in their binder

Blue team (Center/community based programs)

1. Set up the activities for the participants to practice
2. Come up with a warm up activity of some stretches from the workouts or create your own fun way to warm up
3. Practice against each other promoting positive encouragement
4. Encourage participant to try the other activities
5. Encourage Participants to demonstrate and help other participants.
6. HLC Binder
7. Document what the person did in the activity in their binder

Green team (Community Based)

**IV. Supplies needed**

1. Supplies for the activities for the Olympic events
2. HLC Binder

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)