

Lesson Plan

School/centre/organisation: Akademi

Date and time of session: Friday 29th June 2018, 2:00pm – 3:00pm

Number of Participants: 12

Age of Participants: 65+

Special requirements/things to consider:

- All participants are over 65 so heightened risk of falls
- Some participants have COPD and can also become breathless easily
- Chairs need to be available for all participants

Equipment/resources needed for the session: Bells, balls, name badges, pens, music, sound system.

Timing	Activity	How will I deliver this activity?	Objectives	What resources will I need?	What could go wrong? What steps will be taken to ensure this risk is minimised.	How will I know if this activity was successful?
5 mins	Name game: Go around the circle and each person gives their name and a small gesture.	Demonstration: I will give my name and a gesture, then ask the participants to copy before moving to the next person.	To learn names in a fun way and to begin to reduce inhibitions by each participant showing a small gesture. Connecting with other participants through repetition of each other's names and movement.	N/A	Some participants might be shy and not want to give their name or a gesture. In this case I can create a gesture for this person and give their name for everyone to repeat.	Most participants give their name and a gesture and begin to learn each other's names.
5 mins	Self-massage: Everyone will complete seated self-massage and stimulation of the limbs, beginning from the head and working down	I will describe the movements and demonstrate them at the same time, encouraging people to follow.	To begin to warm up the body, mobilise joints.	N/A	Some participants might not be able to reach all parts of the body, such as the lower legs and feet. Participants will be encouraged to only reach as far as they	Most participants are completing some self-massage.

	towards their feet.				feel comfortable.	
6 mins	Ball game: Passing of giant balloon/ball between participants.	Demonstration: I will begin in the centre with the balloon and pass to participants around the circle. If they feel confident enough I will encourage others to swap places with me and pass the ball.	To encourage interaction and reaching within their kinesphere to touch the balloon.	Giant ball/balloon	Some participants may not want to reach and touch the balloon. In this instance the balloon can be passed gently to them, so the tiniest touch sends the balloon back into the centre.	If participants are beginning to interact with the ball and some participants are confident enough to move into the centre.
10 mins	Storytelling: We will tell a story with words and movements based on their summer holidays.	Demonstration and game: I will begin with some suggestions of modes of transport e.g. plane, boat, train and demonstrate a movement to accompany it. Then I will invite suggestions from the group. These will then be pieced into a short journey/story	To work on memory recall by remembering a short series of movements. To encourage interaction by offering movement suggestions increasing confidence.	Music (song and artist)	Some participants may not want to make suggestions for movements. Suggestions will be asked from the group as a whole rather than specifying one person in the group to answer.	Most participants will join in with the movement and some participants will make suggestions for movement.
8 mins	Rhythmscapes: Creating different rhythms using clapping, clicking, slapping legs and then with the feet, standing or seated.	Lead and repeat: I will demonstrate a rhythm then ask them to repeat it.	Develop rhythm, memory recall and coordination. The clicking and movements of the feet will also develop articulation of the joints to improve mobility.	Music (song and artist), bells and dandiya sticks	Some participants may not want to stand. They can complete the movements with the feet seated.	Most participants are following the rhythms with only a few mistakes.
4 mins	Water break					
12 mins	Scarf dance: Each participant will have a scarf to improvise	Independent study: I will begin improvising, alone	Develop balance and co-ordination. Encourage	Scarves, large and small	Some participants will remain seated and may not feel fully	All participants are making some movement with their

	with, either seated or standing.	and interacting with others and encourage them verbally to join in. They will be encouraged to participate either standing and moving around the space or seated.	interaction with others. Mobilisation of the joints in ranges of motion that might not otherwise be attempted.		included in the activity. I will interact with the seated participants and encourage others to copy, through sharing of scarves.	scarves, either large or small.
4 mins	Stretch: Seated stretching.	Demonstration: Verbally and physically demonstrating the movement, offering alterations for those who are less mobile.	To work on flexibility and maintaining range of motion in the joints.	N/A	Some participants may find some stretches challenging or not be able to complete them. Several variations will be offered for each stretch to ensure all abilities are included.	All participants are completing at least one stretch of each limb.
4 mins	Breathing exercise/guided visualisation.	Participants will be guided verbally through the breathing exercise and visualisation and can therefore complete this exercise with eyes open or closed.	Return to resting heart rate Gently cool down muscles Moment of quiet reflection on the class.	Gentle music (song and artist)	Some participants may find it difficult to relax. Participants will be offered a chance to move in their seats as they need.	Most participants are seated quietly and participating in the breathing exercises.
2 mins	Thank you, reminder of next week's class and activity to try at home (short story with movements).	Verbal communication.	To encourage adherence to next week's class. Make participants feel welcome and appreciated. Encourage physical activity outside of class.	N/A	Not all participants will want to complete the activity at home. The benefits of this activity will be highlighted.	Most participants return the following week.