

CAREER COUNSELLING



PRACTICAL APPROACH

Lesson Plan

Physical activity in your free time

Level, age of the students:	15-19 years	
Subject:	Physical education.	
Subjects involved:	Biology, information technology.	
Aims:	Conscious planning of physical activity in your free time.	
Suggested # of students per group:	14-26	
Time of the main activity:	5-10 min	
Material:	Computer, laptop, smartphone.	
Competences:	Digital, personal and social competences.	
Preparatory actions if any:	In earlier physical education lessons, as part of Health Education, the student is introduced to the definition of Health and the factors that positively and negatively affect health.	
Expected results:	The student has knowledge about the impact of physical activity on health. The student learns the professions directly and indirectly related to physical education.	
Expected difficulties:	Lack of knowledge and awareness among students.	
Follow up if any:	Expanding knowledge on the impact of sport and physical activity on health.	
TIME	ACTION STRATEGY, PROCEDURE	METHOD, TOOLS



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5-10	Students answer the questions contained in the survey, and then discuss and analyze it together with the teacher. ANNEX 1.	Platform, computer, laptop, smartphone.
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