

LESSON PLAN



**BRITISH MARTIAL ARTS
& BOXING ASSOCIATION**

Lesson Date: _____

Venue: _____

Style / Class: _____

**Always ensure key competencies are met,
insurance is in place for all instructors,
safeguarding is up to date and a risk assessment is
in place and relevant for this particular class before**

Warm up & Introduction

Allocated Time:

Lesson

Allocated Time:

Warm Down

Allocated Time: