

Lesson Plan

Topic: HYROX		Class:
Date: 22/09/25	Length of lesson: 30 min	Number of students: 5
Resources required: Computer and projector to present the lecture through google slides. Students should bring an electronic device or pen and paper to make notes.		
Aim of Lesson - Identifying what is Hyrox		
Learning Outcomes – The Learners Should Be Able To: (Remember) - Identify what is Hyrox - Lecture (Apply) - Outline each exercise, Showing the history and Analysing the positives and Negatives - Lecture (Analyse) - Analyse each individual exercise (Evaluate) - Question and answer (Create) - Reflection, making an action plan for future reference		
Previous student knowledge required for the session: The students don't require any previous knowledge for this session. However, having an active background like going to the gym or competing in sports would be beneficial.		
Anticipated difficulties (if applicable): Technical difficulties IT (Tell students have 10 minute break, lecture have time to fix problem) Trigger warnings		

Professional Standards (where are these being met within the session)

In my practice and with others I demonstrate commitment to learners, their learning, safety and well-being by being enthusiastic and engaging through my body language and tone of voice in the delivery.

Value and promote diversity, equality of opportunity and inclusion by challenging unacceptable behaviour and creating a safe environment to learn while everyone has an equal opportunity to speak in the question and answer.

Understand the importance of the Welsh culture and language as a bilingual nation by involving an opportunity for the Welsh language to be spoken and applying a few Welsh words in the presentation / lecture.

Demonstrate dignity, courtesy and respect towards others by behaving professionally at all times and respecting and listening to everyone's opinions and views.

Plan and deliver effective learning, teaching and assessment by creating and planning learning environments where learners are active participants as individuals and as members of collaborative groups.

Critically reflect on your own values, knowledge and skills to improve learning by creating and taking opportunities to discuss and peer assess your own work with other colleagues and lecturers.

Lesson Detail:

Stage	Focus	Strategy	Time
Introduction	- Introduce myself and the topic. - Introduce the aims of the session.	- Lecture - Slide 1-2	2 min
Development	- Showing the history of Hyrox. - Outlining each exercise. - Analysing the positives and negatives. - Identify what is Hyrox.	- Lecture - Discussion - Slide 3-27	25min
Plenary/conclusion	- Conclude the session. - Ask questions on the topic discussed today. - Assess the knowledge gained by students. - Recap main points.	- Question and Answer - Slide 28-31	3 min

Assessment Strategies: when and how are they included within the lesson?

Formative - Question and Answer - During the course of learning, assessing the knowledge and learning of students.

Informal reflection (to be completed after the session)

Positive

- Timings
- Bilingual
- Stayed professional with video not working

Work on

- Check videos working before presenting
- Make sure font size can be seen at the back
- Tasks - incorporate more students engagement
- Tasks - break up the lesson that I am not always lecturing