



## Evaluation Form: Lesson Plans

Please write a lesson plan for 4 poi sessions with rest home and/or hospital level adults. This could be 4 sessions for a group that is new to poi, or 4 sessions for a group that is already familiar with poi. Each session should be 20 minutes minimum. The lesson plan for each session should include any warm up exercises, specific poi movements, poi routines, and cool down exercises. While some content may stay the same throughout the 4 sessions, the sessions should build on each other and therefore new content should be introduced throughout to keep participants challenged. This form can be printed or completed digitally. If more space is needed, please attach an additional page.

### SESSION 1

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## SESSION 2

SESSION 3

SESSION 4