

Learn Activities: 20–40 mins total; mix formats; keep clear and concise.

Discuss Activities: One clear question/task; link to real experience

Apply Activities: Practical, real-world, achievable, flexible outputs.

WEEK/SESSION:

Topic/Focus:

Learn

Discuss

Apply

WEEK/SESSION:

Topic/Focus:

Learn

Discuss

Apply

WEEK/SESSION:

Topic/Focus:

Learn

Discuss

Apply

WEEK/SESSION: Topic/Focus:
Learn
Discuss
Apply

WEEK/SESSION: Topic/Focus:
Learn
Discuss
Apply

WEEK/SESSION: Topic/Focus:
Learn
Discuss
Apply

*If you need more weeks/sessions, copy and paste the tables.