

[illegible]

Activity	Frequency	Duration	Location	Participant Information		Facilitator Information		Resources		Assessment	
				Name	Age	Name	Age	Materials	Equipment	Pre-test	Post-test
Activity 1: Introduction to the course and the importance of physical activity.	1 session	30 minutes	Classroom	John Doe	25	John Doe	25	Handouts, Slides	Projector, Whiteboard	Pre-test: Knowledge of physical activity benefits. Post-test: Understanding of course objectives.	
Activity 2: Understanding the benefits of physical activity for mental health.	1 session	30 minutes	Classroom	Jane Smith	28	Jane Smith	28	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of mental health. Post-test: Understanding of the link between physical activity and mental health.	
Activity 3: Exploring different types of physical activity and their benefits.	1 session	30 minutes	Classroom	Mike Johnson	30	Mike Johnson	30	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of different types of physical activity. Post-test: Understanding of the benefits of different types of physical activity.	
Activity 4: Understanding the importance of physical activity for overall health and well-being.	1 session	30 minutes	Classroom	Sarah Lee	32	Sarah Lee	32	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of overall health and well-being. Post-test: Understanding of the importance of physical activity for overall health and well-being.	
Activity 5: Understanding the importance of physical activity for mental health.	1 session	30 minutes	Classroom	David Kim	35	David Kim	35	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of mental health. Post-test: Understanding of the importance of physical activity for mental health.	
Activity 6: Understanding the importance of physical activity for overall health and well-being.	1 session	30 minutes	Classroom	Emily White	38	Emily White	38	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of overall health and well-being. Post-test: Understanding of the importance of physical activity for overall health and well-being.	
Activity 7: Understanding the importance of physical activity for mental health.	1 session	30 minutes	Classroom	Frank Brown	40	Frank Brown	40	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of mental health. Post-test: Understanding of the importance of physical activity for mental health.	
Activity 8: Understanding the importance of physical activity for overall health and well-being.	1 session	30 minutes	Classroom	Grace Green	42	Grace Green	42	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of overall health and well-being. Post-test: Understanding of the importance of physical activity for overall health and well-being.	
Activity 9: Understanding the importance of physical activity for mental health.	1 session	30 minutes	Classroom	Henry Black	45	Henry Black	45	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of mental health. Post-test: Understanding of the importance of physical activity for mental health.	
Activity 10: Understanding the importance of physical activity for overall health and well-being.	1 session	30 minutes	Classroom	Ivy Red	48	Ivy Red	48	Handouts, Slides	Projector, Whiteboard	Pre-test: Understanding of overall health and well-being. Post-test: Understanding of the importance of physical activity for overall health and well-being.	

[illegible][illegible]

The image displays a variety of patterns and colors used for labeling, organized into two main sections. The top section shows 10 different patterns, each with a corresponding label. The bottom section shows 10 different patterns, each with a corresponding label.

Top Section Labels:

- Red: **Red: 100% Red**
- Orange: **Orange: 100% Orange**
- Yellow: **Yellow: 100% Yellow**
- Green: **Green: 100% Green**
- Blue: **Blue: 100% Blue**
- Purple: **Purple: 100% Purple**
- White: **White: 100% White**
- Black: **Black: 100% Black**
- Grey: **Grey: 100% Grey**
- Light Grey: **Light Grey: 100% Light Grey**

Bottom Section Labels:

- Red: **Red: 100% Red**
- Orange: **Orange: 100% Orange**
- Yellow: **Yellow: 100% Yellow**
- Green: **Green: 100% Green**
- Blue: **Blue: 100% Blue**
- Purple: **Purple: 100% Purple**
- White: **White: 100% White**
- Black: **Black: 100% Black**
- Grey: **Grey: 100% Grey**
- Light Grey: **Light Grey: 100% Light Grey**

[illegible]