

CIT Course Schedule

Week	Leadership Focus	Events Discussed	Prep for Next Week
1	Introduction Leading Warmups Building Circuits	Gym Tour Emergency Action Plan	History of Gymnastics
2	Leadership Focus: Confidence Leadership Focus: Respect & Ethics Leadership Focus: Safety	Vault Floor	Create Game Plan
3	Leadership Focus: Presenting & Public Speaking Leadership Focus: Teaching and Learning	Uneven Bars High Bar	Start Volunteering (3 hours) (Between Week 3 and 4)
4	Leadership Focus: Big 5 Personality Traits Leadership Focus: Teamwork	Parallel Bars Pommel Horse	Continue Volunteering (3 hours) (Between Week 4 and 5)
5	Leadership Focus: Mission, Vision, Core Values Leadership Focus: Dealing with Difficult Behaviours	Rings Conditioning	Finish Volunteering (4 hours) (Between Week 4 and 5)
6	Activities: MLQ and ALQ Transformational Leadership	Beam Rod Floor	Create 3 questions to ask staff for next week.
7	Planning a Lesson Ask Staff Q&A	Trampoline	Complete Course Evaluation
8	Course Wrap Up Certificates & Next Steps Fun Day	Putting it all together	Schedule an Interview

Week 1 Lesson Plan

Activity	Details	Materials	Time
Welcome			