PLANNING TEMPLATE FOR THE WARM UP

|  |  |  |  |
| --- | --- | --- | --- |
| **Choreography (counts / reps)** | **Move/exercise**  What does it do? M=mobility / PR = pulse raise / SS = static stretch / DS = dynamic stretch / HP – holding pattern. Say what joint you are mobilising – state what muscles you are stretching. If static stretch say how long you will hold. | **Teaching points** | **Options**  Progressions (H = harder)  Regressions (E = easier)  Alternatives /modifications |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |