Please note that the addition of images to illustrate your stretches can be very helpful.

**COOL DOWN Duration**

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| **Music selection** |
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| **Scripting for COOL DOWN** |
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| **Description of activity (written and diagrams), to include:**   * **Exercises / CD activities** * **Equipment used (where applicable)** * **Stretches PLEASE SAY WHETHER MAINTENANCE OR DEVELOPMENTAL** * **Timings** | **Coaching points**  **Please also clearly show where you will use silence and motivation techniques** | **Suggest one modification to each stretch – this could be e.g. changing from standing to lying; a different position that stretches the same muscle or muscle groups.** |
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