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| **Group training session plan** | | | |
| **Date of session** | **Time and duration** | **Where will your session take place?** | **Participants (who/age/ability)** |
|  |  |  |  |
| **What equipment is needed?** | | **Are there any risks/ hazards?** | **How you plan to minimise the risks/ hazards?** |
|  | |  |  |
| **Give an overview of the session you have planned** | | | |
|  | | | |

**WARM UP Duration**

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| --- | --- |
| **Music selection** | **Notes** |
|  |  |
| **Scripting for the warm up** | |
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| --- | --- | --- | --- |
| **Description of activity (written and diagrams), to include:**   * **Approach used** * **Exercises** * **Equipment used (where applicable)** * **Timings, sets, reps** * **Intensity** | **Coaching points**  **Please also clearly show where you will use silence and motivation techniques** | **Suggest one change to make each activity/exercise MORE challenging**  **PROGRESSION** | **Suggest one change to make each activity/exercise LESS challenging**  **REGRESSION/ MODIFICATION** |
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