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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** |
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**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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