



## Lesson Plan Template

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Apparatus: \_\_\_\_\_

Age Group: \_\_\_\_\_

Level: \_\_\_\_\_

Class Length: \_\_\_\_\_

Review in Class: \_\_\_\_\_

What's New to the Students: \_\_\_\_\_

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### **Grounded Warm-Up**

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### **Apparatus Warm-Up, Technique Drills**

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### **Main "Gut" of Class**

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### **Conditioning, Cool-Down**

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