

# Lesson plan template

Any age group

One page, one class

Warm-up · stations · apply · cool-down

CLASS / AGE GROUP

DATE

COACHES

LESSON OBJECTIVE — 1–2 skills per session, not five

EQUIPMENT &amp; SETUP — what goes where before the class walks in

## RUN SHEET

### Warm-up · pulse-raiser game

\_\_\_ min

### Dynamic stretch / shapes

hollow &amp; arch

Stations \_\_\_ min total, \_\_\_ min each

|           | Skill | Differentiation — scale down / scale up |
|-----------|-------|-----------------------------------------|
| Station 1 | _____ | _____                                   |
|           | Skill | Differentiation                         |
| Station 2 | _____ | _____                                   |
|           | Skill | Differentiation                         |
| Station 3 | _____ | _____                                   |
|           | Skill | Differentiation                         |
| Station 4 | _____ | _____                                   |

Apply / play \_\_\_ min

Cool-down \_\_\_ min

ASSESSMENT / NOTES — who got it, who needs more reps: this line tells you where to start next class