

# Lesson plan template

Any style, any age

One page, one class

Warm-up · technique · apply · cool-down

CLASS / AGE GROUP

DATE

LENGTH (MIN)

RANKS PRESENT

CYCLE WEEK \_\_\_\_ of 12

INSTRUCTOR / ASSISTANTS

OBJECTIVE 1 (NEW) something you can see at the end of class

OBJECTIVE 2 (REVIEW)

EQUIPMENT pads / shields / targets / cones / mats / sparring gear / other

## BLOCKS

BLOCK

ACTIVITY

COACHING CUE

COMMON ERROR

TIERS (BEGINNER /  
ADVANCED)

## Warm-up

\_\_\_\_ min

## Technique

\_\_\_\_ min

## Apply

\_\_\_\_ min

Cool-down &  
close

\_\_\_\_ min

MAT CHAT THEME kids classes, one theme per month

PLAN B low numbers, flat energy, smaller space

AFTER CLASS three lines now make next week's plan a 10-minute job

WHO STRUGGLED

WHO IS CLOSE TO GRADING

REPEAT NEXT WEEK