

Group training session plan				
Date of session	Time and duration	Where will your session take place?	Participants (who/age/ability)	Music selection (where applicable)
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				
	Description of activity (written and/or diagrams), to include: <ul style="list-style-type: none"> • Exercises • Equipment used (where applicable) • Timings, sets, reps 			Adaptation

	<ul style="list-style-type: none">• Intensity• Music breakdown (where applicable) and movement patterns• Coaching points• Choreographic style (where applicable)	Suggest one change to make each activity more and less challenging
Warm-up		
Main session		

--	--	--

Cool-down		