**GF Lesson Plan Template**

Group: Location:

Coach: Date:

Helpers: Time:

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| **GOALS / FOCUS***FUN:* *FITNESS: Focus on (circle): E S P F A B C S* *FUNDAMENTALS: Review:* *New:* |
| **PRE-CLASS PREP** (Equipment, music, set-up, inspection, etc.) |
| **Introduction Time…………………** |
| **Warm-up** (Cardio, ROM, Skill Review) **Time…………………** |
| **Main Part (backside of this page) Time…………………** |
| **Cool-down Time…………………** |
| **Conclusion Time…………………** |
| **Main Part** (Stations, Circuits, Activities, with/without Task Cards, etc.) |  **Time…………………** |
|  | **KEY COACHING POINTS** |
| **EASIER/HARDER variations** |
| **SAFETY CONSIDERATIONS** |
| **EVALUATION** |