**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** | |