

ACTIVE START GYMNASTICS LESSON PLAN TEMPLATE

GROUP: _____ Lesson Number: _____
 Age: _____ # in group: (M) _____ (F) _____
 Coach: _____ Date: _____
 Parents: _____ Time: _____

THEME	
GOALS / FOCUS / TARGETS	
FUN: _____ FITNESS: Cognitive _____ Psycho/Social _____ Physical (ESPF) _____ Motor (ABCS) _____ FUNDAMENTALS: (DT) _____ <input type="checkbox"/> Locomotion <input type="checkbox"/> Stationary Positions <input type="checkbox"/> Spring <input type="checkbox"/> Swing <input type="checkbox"/> Landing <input type="checkbox"/> Rotation <input type="checkbox"/> Object Manipulation	
PRE-CLASS STUFF	RESOURCES
Introduction Time.....	
Warm-up (Starting Activity) Time.....	
Main Part (backside of this page) Time.....	
Cool-down (Closing Activity) Time.....	
Conclusion Time.....	

**Main Part (Stations, Circuits, Activities, with/without Task
Cards, Rotations, Group, En masse, etc.)**

Time.....

**KEY COACHING
POINTS**

**EASIER/HARDER
variations**

**SAFETY
CONSIDERATIONS**

COMMENTS/EVALUATION