CPT Lesson Plan Assignment

CORE POLE TRAINING

LESSON PLAN

Student name:	
CLASS LEVEL	
WEEK OR STAGE	

Class Section Warm up / Conditioning / New Move/ Revision / Combination / Cool Down	Name of Exercise / Move	Instruction Include Start Position, Action, Grip Points, Muscle Engagement, Head & Body Position, Extra cues. Take extra lines if necessary	Modification & Reason	1-2 Corrections for common faults	Progression

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