LESSON PLAN

Instructor Name:	
Course Name:	
Location (space):	
Class Date:	
Class Time:	
Participant Level:	
Educational Tip of the Day:	

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MUSIC & TEMPO	TIME	EQUIPMENT	ACTIVITY/MOVEMENT *(including Repetitions & Movement Options)*	FOCUS: JOINT ACTIONS & MUSCLES	Visual &/or Verbal CUES	SAFETY Precautions or Reminders
WARM UP EXAMPLE...**CD** = Oldies #8 **Song** = 120bpm "Little Less Conversation"	2 minutes	none	Marching on spot - alternate arms swinging front & back	1) Hip Flexion & Extension = Iliopsoas-Rectus Femoris & Glut Max-Hamstrings 2) Knee Flexion & Extension = Hamstrings & Quadriceps 3) Ankle Dorsi-flexion & Plantar flexion = Gastrocnemius & Tibialis Anterior 4) Shoulder Flexion & Extension = Anterior Deltoid-Pectoralis Major & Posterior Deltoid 5) Elbow Flexion & Extension = Biceps & Triceps	1) Long spine 2) Contract Transverse Abdominus (suck belly button in) 3) Squeeze "cheeks" 4) Breathing in through nose 5) Level/neutral pelvis 6) Long neck/level chin 7) Toe-Ball-Heel landing 8) Level rib cage 9) Lift elevator muscles (Kegels) ...set core 10) Open chest	1) Work at own pace - use variations to decrease or increase effort