



## GYMNASTICS LESSON PLAN TEMPLATE

GROUP: \_\_\_\_\_ Location: \_\_\_\_\_

Coach: \_\_\_\_\_ Date: \_\_\_\_\_

Helpers: \_\_\_\_\_ Time: \_\_\_\_\_

### Objectives / Goals:

*FUN:*

*FITNESS: Focus on: E S P F A B C S*

*FUNDAMENTALS: Review:*

*New:*

### PRE-CLASS STUFF

### Introduction

Time: \_\_\_\_\_

### Warm-up (Cardio, ROM, Skill Review)

Time \_\_\_\_\_

### Main Part (next page)

### 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**