**COOL DOWN STRETCHING Duration**

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| **Music selection** | **Notes** |
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| **Scripting for Cool Down** | |
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| **Description of activity (written and diagrams where relevant), to include:**   * **Please show which stretches are Maintenance and which are Developmental** * **Intensity (Borg)** * **Music breakdown and**   **choreographic style (if applicable)** | **Coaching points**  **Please also clearly show where you will use silence and motivation techniques** | **PROGRESSION**  **Suggest one change to make each activity/exercise MORE challenging** | **REGRESSION/ MODIFICATION**  **Suggest one change to make each activity/exercise LESS challenging** |
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