**MAIN COMPONENT Duration**

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| **Music selection** | **Notes** |
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| **Scripting for Main** | |
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| **Description of activity (written and diagrams where relevant), to include:**   * **Exercises** * **Timings, sets, reps** * **Intensity (Borg)** * **Music breakdown (where applicable) and movement patterns** * **Choreographic style (where 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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