**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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