**Unit 10: Physical Activity for Individual and Group-Based Exercise**

**Aim of warm up (e.g. sports specific aims):**

|  |  |  |
| --- | --- | --- |
| **Date and Time:** | **Team/Athlete:** | **Equipment needed:** |
| **Location:** | **Duration:** | **Health and Safety Considerations (e.g. environment/participants):** |

|  |  |
| --- | --- |
| **Warm Up Activity (e.g. annotations/diagrams)** | **Cool-Down:** |
|  |  |
| **Coaching Points:** | **Additional Notes:** |