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| Session plan – Plan and deliver group exercise to music: Freestyle (R/618/6383)) |

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| Name: | Venue: | Session Duration: |
| Course Code: | Date: | Session Objectives: |

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| Component (Including timings) | Music breakdown (or indicate if it is continuous) | Sets and reps (if applicable) | Exercises  (Include muscle groups and diagrams for muscular strength and endurance (MSE) and all stretches) | Teaching points  (If an exercise is repeated there is no need to repeat the teaching points) | Regressions/ alternatives/ progressions (Indicate which they are: R / A / P) |
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