

**LESSON PLAN**

**UNIT NAME:** \_\_\_\_\_

**YA SKILL ALIGNMENT:** \_\_\_\_\_

**COUNTRY OF ORIGIN:** \_\_\_\_\_

**BOOK**     **GAME**     **SONG**

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**LEADERSHIP TIME (5 MIN.)**

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**STRENGTH & ENDURANCE (5 MIN.)**

**LESSON PLAN**

**SKILL/GAME:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**Equipment**

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**Setup**

.....

**INSTRUCTIONS:**

**COOL DOWN (5 MIN.)**