

PRACTICAL SESSION:

Group-based Outdoor Fitness Session

Instructor

[Your Name Here]

Date

[Select Date]

[Insert Company Logo]

**SESSION PLAN PART ONE:
INTRODUCTION**

[Insert Company Logo]

Session Overview

Type of Session	A mixture of cardiovascular (CV) and muscular strength and endurance (MSE) activities.	Venue	[Insert Venue Name] (Refer to Appendix A for session plan map).
Candidate's Name	[Your Name]	Session Duration	One hour.
Permission for Outdoor Area Obtained	[Name of Authoriser].	Date	As per front cover.

Participants

Health & Safety: Environmental Factors

Maximum Number of Participants	10 to 40.	Floor Surface & Area	Grass (bodyweight), tarmac (interval) and pathways (travel).
Age Range	16 to 65.	Obstacles, Hazards and/or Road Traffic Safety	Debris on ground (exercise area) and vehicles (car park area).
Gender	Male and female.	Meeting Point	[Convenient and safe local location].
Expected Skill Level	<ul style="list-style-type: none"> • Red (Low/Medium). • Amber (Low/Medium/High). • Green (Medium/High). 	Nearest Telephone/Mobile Phone Reception	[Nearest location] and mobile phone carried.
Expected Fitness Level	<ul style="list-style-type: none"> • Red (Low/Medium). • Amber (Low/Medium/High). • Green (Medium/High). 	First Aid Availability	[Nearest location] and first aid kit carried.

**SESSION PLAN PART ONE:
INTRODUCTION**

[Insert Company Logo]

Aim of the Session (Participants & Session)	Objectives of the Session
The aim of this session is to provide a safe and effective cardiovascular endurance and muscular-strength endurance workout.	To achieve the intended aim of this session I will utilise a mixture of: 1. Interval training techniques; and 2. Bodyweight exercises.

Screening and PAR-Q

List any information gained that is relevant in the planning of the session.

Both current and new members will be asked if they have any conditions, illnesses or injuries which may affect their participation during the session.

Advice to Participants

Clothing	Wear clothing appropriate to the prevalent weather conditions and bring a change of clothing as required.
Hydration (i.e. water)	Water is provided for participants by their group instructor(s) (i.e. backpack).
Toilet facilities	The nearest toilet facility is [nearest location] and [second location, if applicable].
Changing facilities	The nearest changing facility is [nearest location].
Any other relevant information	The wearing of gloves may be appropriate and asthma sufferers to retain own inhaler.

**SESSION PLAN PART TWO:
WARM-UP**

[Insert Company Logo]

Component: Warm-up

Role	The warm-up will include mobilisation and pulse-raising activities.	Duration	10 minutes.
Objective	<p>The objective of this component is to:</p> <ol style="list-style-type: none"> 1. To protect against injury by: <ol style="list-style-type: none"> a. Raising deep muscle temperature; and b. Stretching connective tissue. 2. To improve the body's efficiency by: <ol style="list-style-type: none"> a. Raising the heart rate; b. Increasing respiratory rates; and c. To improve performance by preparing the body for the exercise to come. 	Equipment Required	Grass area.

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Jogging at a gentle pace.	The group, as a squad, is to walk/jog from the meeting point to the main theme area.	<ul style="list-style-type: none"> • Maintain a good posture. • Standing tall, head up, eyes facing forward. • When walking or running, lead with the heels not toes. 	P: Jog faster. A: Walk.
	Punch to the front	<ul style="list-style-type: none"> • Extend arms out to front in a punching motion, alternating each arm. 	P: Punch faster. A: Punch slower.
	Punch to the sides	<ul style="list-style-type: none"> • Extend arms out to the sides in a punching motion, alternating each arm. 	P: Punch faster. A: Punch slower.
	Punch up in the air	<ul style="list-style-type: none"> • Extend arms upwards in a punching motion, alternating each arm. 	P: Punch faster. A: Punch slower.
	Punch to the ground.	<ul style="list-style-type: none"> • Extend arms downwards in a punching motion, alternating each arm. 	P: Punch faster. A: Punch slower.

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Jogging at a gentle pace.	Change direction of jogging.	<ul style="list-style-type: none"> Carefully turn on the toes to face the opposite way. 	P: Turn faster. A: Turn slower.
	Pass, imaginary, rugby ball side to side.	<ul style="list-style-type: none"> Carefully whilst running, twist the torso from side to side and motion arms as though you are passing an imaginary rugby ball from side to side. 	P: Increase rotation movement. A: Decrease rotation movement.
	Pass, imaginary, rugby ball overhead and through legs.	<ul style="list-style-type: none"> Carefully whilst running, bending up and down (at the knees), pass an imaginary rugby through the legs and over the head. 	P: Increase range of movement. A: Decrease range of movement.
	Change direction of jogging.	<ul style="list-style-type: none"> Carefully turn on the toes to face the opposite way. 	P: Turn faster. A: Turn slower.
	Flick toes out to front.	<ul style="list-style-type: none"> Lean back gently and point alternating toes out to the front extending the leg. Sink heels as supporting leg lands. 	P: Flick toes higher/faster. A: Flick toes lower/slower.
	Bring heels up to bottom.	<ul style="list-style-type: none"> Slightly leaning forwards flick heels up to the bottom. Sink heel as supporting leg lands. 	P: Flick heels higher/faster. A: Flick heels lower/slower.
	Bring knees up at front.	<ul style="list-style-type: none"> Keep an upright position, bringing knees up to waist height with a 90 degree bend at the knee. 	P: Bring knees up higher/faster. A: Bring knees lower/slower.
	Change direction of jogging.	<ul style="list-style-type: none"> Carefully turn on toes to face the opposite way. 	P: Turn faster. A: Turn slower.
	Carioca facing inwards.	<ul style="list-style-type: none"> Facing inwards and running sideways with a step over the leg and then a step behind. Use arms as balance. 	P: Increase pace/length of steps. A: Decrease pace/length of steps.
	Carioca facing outwards.	<ul style="list-style-type: none"> Facing outwards and running sideways with a step over the leg and then a step behind. Use arms as balance. 	P: Increase pace/length of steps. A: Decrease pace/length of steps.

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Jogging at a gentle pace.	Carry on jogging.	<ul style="list-style-type: none"> • Maintain a good posture. • Standing tall, head up, eyes facing forward. • When walking or running, lead with the heels not toes. 	P: Jog faster. A: Jog slower.
	When one is shouted, touch the floor with left hand.	<ul style="list-style-type: none"> • Bend down at knees and touch the ground with the left hand. 	P: Crouch down lower. A: Don't touch the floor.
	When two is shouted, touch the floor with right hand.	<ul style="list-style-type: none"> • Bend down at knees and touch the ground with the right hand. 	P: Crouch down lower. A: Don't touch the floor.
	When three is shouted, do one press up.	*** See MSE Section for instructions on performing a press-up ***	P: complete 2 press-ups. A: Place the knees on the floor, knees behind the hips.
	When four is shouted, change direction.	<ul style="list-style-type: none"> • Carefully turn on toes to face the opposite way. 	P: Turn faster. A: Turn slower.
Jogging at a fast pace.	Jog OTS (On The Spot), Shouting 10 down to 1 jogging as fast as they can.	<ul style="list-style-type: none"> • Hips facing forward, knees coming up to almost waist height, sink heel as foot lands. 	P: Jog faster. A: Jog slower.

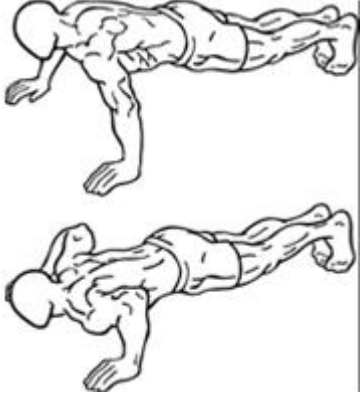
**SESSION PLAN PART THREE:
MAIN THEME**



[Insert Comapny Logo]



Component: Main Theme


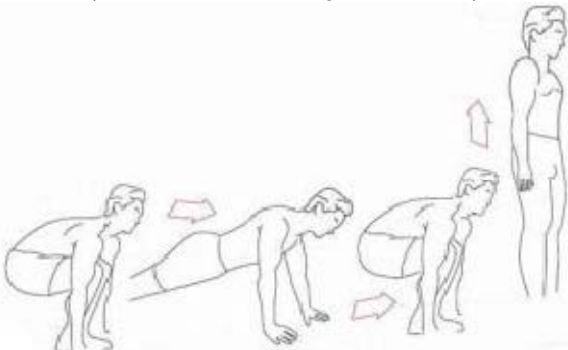
Role	The main theme will include cardiovascular (CV), muscular strength and endurance (MSE), and game activities.	Duration	40 minutes.
Objective	<p>The objective of this component is to:</p> <ol style="list-style-type: none"> 1. Provide a safe and effective CV workout; 2. Develop, improve and/or maintain the CV system; 3. Provide a safe and effective MSE Workout; 4. Develop, improve and/or maintain MSE; 5. Provide a safe and effective game element; and 6. Develop team-working skills. <p>Points 2 and 4 are dependent upon the participant's current stage and level of fitness.</p>	Equipment Required	<ul style="list-style-type: none"> • Grass (MSE) • Tarmac (CV) • Four cones • Stopwatch

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Interval Training Component	Interval training is a time/cost-effective method of improving the capacity of the cardio-respiratory system (heart and lungs).	<p>This is usually conducted by using a series of efforts, at various distances and speeds followed by a rest period.</p> <ul style="list-style-type: none"> Leading Leg Syndrome: be wary of turning on the same leg continuously, alternate turning between the right and left leg. 	<p>The interval is the rest period, and may be taken in the following ways:</p> <ul style="list-style-type: none"> Time; Partner works, you rest; Pulse/Intensity; and/or Distance jogged/walked.
Place 4 cones in a rectangle: length 25m and width (wide enough to cater for all participants)	<ul style="list-style-type: none"> Participants to work individually. Walk/run from start cones out to 25m cones and back, within the time limit: <ul style="list-style-type: none"> 1st leg: 40s (30s rest) 2nd leg: 40s (30s rest) 3rd leg: 35s (25s rest) 4th leg: 35s (25s rest) 5th leg: 30s (20s rest) 6th leg: 30s (20s rest) 7th leg: 30s (15s rest) 8th leg: 30s (15s rest) 9th leg: 30s (15s rest) 10th leg: 30s (15s rest) 	<ul style="list-style-type: none"> Maintain a good posture, standing tall, head up, & eyes facing forward. When walking or running, lead with the heels not toes. Travel to interval station time = 1 minute EDIP time = 1 minute Interval time = 9 minutes Sub-total time = 11 minutes 	<p>Red Troopers: P: Jog faster. A: Jog slower/walk.</p> <p>Amber Troopers: P: Run faster. A: Jog.</p> <p>Green Troopers: P: Sprint faster. A: Run.</p> <p><i>Timings to be adjusted dependent on fitness level of the group taken (+5s for Ambers & +10s for Reds).</i></p>
Move to grass area (heading back towards the meeting point), moving approximately 100m-200m			

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
<p>Muscular Strength and Endurance Component</p>	<p>MSE training is a time/cost-effective method of improving the Musculature system.</p>	<ul style="list-style-type: none"> • Full demonstration and explanation of exercises, as required. • Take extra care regarding new participants, with a view to form and safety points. 	<p>The MSE component can be adjusted by:</p> <ul style="list-style-type: none"> • +/- the time; • +/- the repetitions; and/or • +/- the number of sets.
<p>Number participants into fours (1s in team 1, 2s in team 2 etc).</p>	<p>Define an imaginary square and place one team in each corner.</p>	<ul style="list-style-type: none"> • Teams progress around the circuit in a clockwise direction. • 30s per station, completing three full rotations, with a break (60s) in between each full rotation. • Travel to circuit station time = 1 minute • EDIP time = 1-2 minutes • Circuit time = 8 minutes • Sub-total time = 10-11 minutes 	<p>P: Longer break. A: Shorter break.</p> <p>P: Increase time. A: Decrease time.</p>
<ul style="list-style-type: none"> • Lie on the floor in the prone position. • Place the palms of your hands on the floor level with your shoulders. • Place your toes on the floor. • Try and keep your elbows tucked in. 	<p>Exercise 1: Press-ups (pectorals, deltoids & triceps)</p> 	<ul style="list-style-type: none"> • Push yourself up. • Keep the back straight & in line with the rest of the body. • Extend your arms but do not lock out at the elbows. • Keep the neck & head in line with the body, do not look up. • As you lower your body back down, keep the back straight & in line with the rest of the body. • Lower until your elbows are at a 90 degree angle. • Lead with your chest not your head. • Ensure your abdominals are engaged throughout movement. • Emphasise rate, range of movement & breathing pattern. 	<p>P: Bring alternative knees up as you go down (aka rock climbers). A: Place the knees on the floor, knees behind the hips.</p>

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Lie on the ground, on your back.	<p>Exercise 2: Curl-up (abdominals)</p> 	<ul style="list-style-type: none"> • Have one leg straight and one bent at the knees. • Same hand as the bent knee under the small of the back. • Curl the upper torso towards the knees, and then back down. 	<p>P: Curl higher. A: Curl lower.</p>
Adopt the press-up position.	<p>Exercise 3: Close hand press-ups (pectorals, triceps & deltoids)</p> 	<ul style="list-style-type: none"> • Bring hands close together so thumbs are touching. • Lower the body until the chest almost touches the floor. • Push the upper body back up to the starting position. 	<p>P: Lower the body more. A: Place knees on the floor, behind the hips.</p>
Adopt the press-up position.	<p>Exercise 4: Alternate Squat-thrusts (quadriceps & calves)</p>	<ul style="list-style-type: none"> • Bring one knee up so it is almost touching the elbow. • Point knees and toes slightly outwards. • Alternate each leg. 	<p>P: Bring knee up further. A: Bring knee up less.</p>
<p>Move the group, as a squad, back towards the meeting point; moving approximately 100m-200m</p>			

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
<ul style="list-style-type: none"> Number participants into fours (1s in team 1, 2s in team 2 etc). Try and ensure participants in different teams from first circuit. 	<p>Define an imaginary square and place one team in each corner.</p>	<ul style="list-style-type: none"> Teams progress around the circuit in a clockwise direction. 30s per station, completing three full rotations, with a break (60s) in between each full rotation. Travel to circuit station time = 1 minute EDIP time = 1-2 minutes Circuit time = 8 minutes Sub-total time = 10-11 minutes 	<p>P: Longer break. A: Shorter break.</p> <p>P: Increase time. A: Decrease time.</p>
<ul style="list-style-type: none"> Lie on the floor on your right side. Place your right elbow on the floor with your other arm down your left side. Place your feet on the floor next to each other, uppermost foot in front. 	<p>Exercise 5: The Side Plank (Right) (Quadratus Lumborum & Obliques)</p> 	<ul style="list-style-type: none"> Keeping your torso straight and rigid, raise your body up in a straight line. Keep your head in line with your body, looking in front of you. Ensure abdominals are engaged throughout movement. Emphasise rate, range of movement and breathing pattern. 	<p>P: Place your hand on the floor, rather than the elbow. A: Place knees on floor.</p>
<p>Stand with feet shoulder width apart, toes pointing forward.</p>	<p>Exercise 6: Jump Squats (Gluteals, quadriceps and hamstrings)</p> 	<ul style="list-style-type: none"> Keep back straight, initiating movement from the hips. Push the bottom down and bend the knees. Do not let the knees move in front of the toes. Knees should be at an approximate 90 degree angle. Return to standing position and jump. Land with soft knees. 	<p>P: Jump higher. A: Squat only.</p>

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
<ul style="list-style-type: none"> • Lie on the floor on your left side. • Place your left elbow on the floor with your other arm down your right side. • Place your feet on the floor next to each other, uppermost foot in front. 	<p>Exercise 7: The Side Plank (Left) (Quadratus Lumborum & Obliques)</p> 	<ul style="list-style-type: none"> • Keeping your torso straight and rigid, raise your body up in a straight line. • Keep your head in line with your body, looking in front of you. • Ensure abdominals are engaged throughout movement. • Emphasise rate, range of movement and breathing pattern. 	<p>P: Place your hand on the floor, rather than the elbow. A: Place knees on floor.</p>
<p>Stand with feet shoulder width apart, toes pointing forward.</p>	<p>Exercise 8: Burpees (Almost Full Body Exercise)</p> 	<ul style="list-style-type: none"> • Lower to a squat position with your hands touching the ground. • Extend your feet back in one quick motion to assume a press-up position. • Return to the squat position in one quick movement. • Now back to a standing upright position. 	<p>P: Add a jump at the standing upright position. A: Squat only.</p>

Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
<p>Game Component</p>	<p>The game component is provided to inject some fun and teamwork elements into the session.</p>	<ul style="list-style-type: none"> • Full demonstration and explanation of exercises, as required. • Take extra care regarding new participants, with a view to form and safety points. 	<p>The game component can be adjusted by:</p> <ul style="list-style-type: none"> • +/- the time; and/or • +/- the number of guards.
<ul style="list-style-type: none"> • Select participants at random to be guards (minus bibs) and prisoners (with bibs). • Rotate guards and prisoners between 'prison breaks'. 	<ul style="list-style-type: none"> • Fitness instructor acts as the referee, their decision is final. • Define a square using the four cones, approximately 15m by 15m. • Prisoners cannot go outside of the boundary created by the four cones. • The guards have 30s to capture as many of the prisoners as possible. • For each round add 1 guard, starting with 3 guards. 	<ul style="list-style-type: none"> • Guards capture prisoners by tapping the prisoner's body. • Captured prisoners must kneel on the floor with hands behind their head. • Non-captured prisoners can free captured prisoners by tapping on their shoulders. • More non-captured prisoners than captured prisoners, guards get 5 press-ups. • More captured prisoners than non-captured prisoners, prisoners get 5 press-ups. • Continue until time for warm-down. • Travel to game time = 1 minute • EDIP time = 1 minute • Game time = 2-5 minutes • Sub-total time = 4-7 minutes 	<p>P: More press-ups. A: Less press-ups.</p> <p>P: Increase time. A: Decrease time.</p>

**SESSION PLAN PART FOUR:
WARM-DOWN**

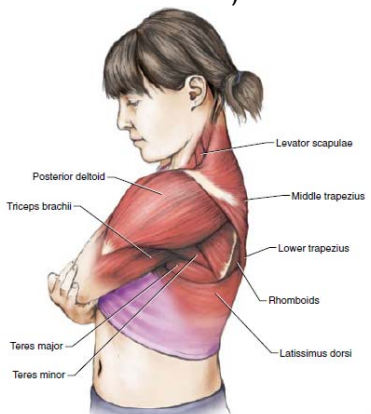
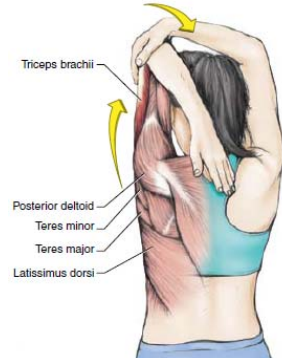
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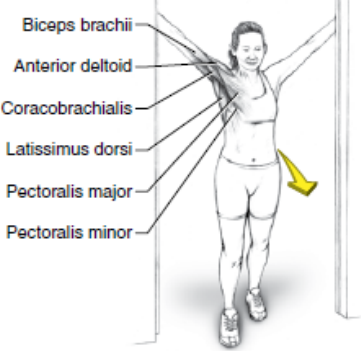

Component: Warm-down

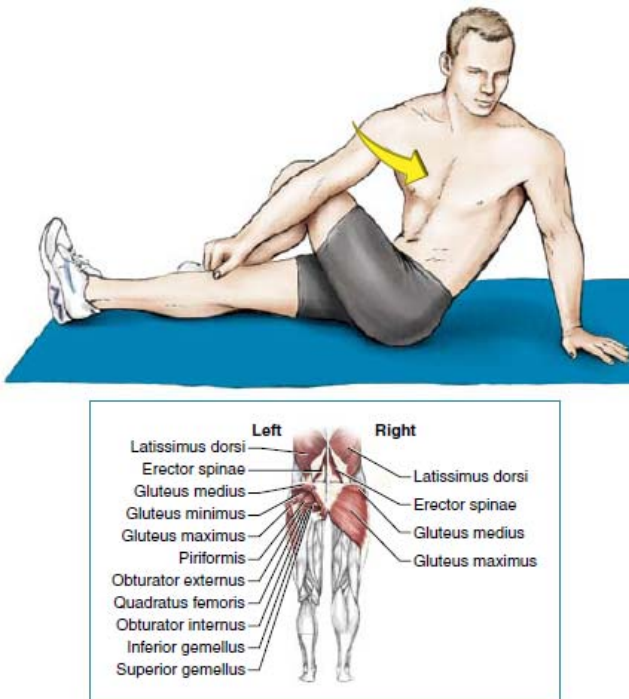
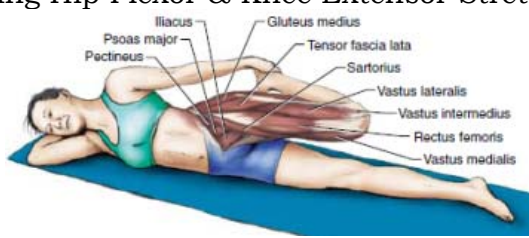
Role	Following the physical activity performed in the main theme of the lesson there is a requirement to return the body to near normal values by gradual pulse rate reduction and static stretching. Therefore, the warm-down will include pulse-lowering and stretching activities.	Duration	10 minutes.
Objective	The objective of this component is to: 1. Eliminate waste produced during the exercise; 2. Encourage venous return; and 3. Return muscles that have shortened due to use back to their original length.	Equipment Required	Grass


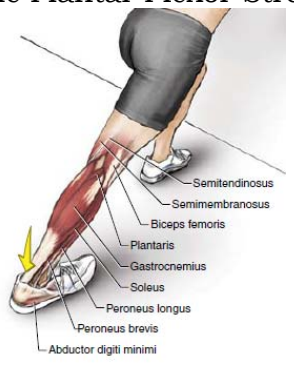
Equipment Used, Programme, Level and/or Set-up	Exercises (Diagrams & Muscle Groups, as appropriate)	Teaching Points	Progression and/or Adaptation
Jogging at a gentle pace.	The group, as a squad, is to jog/walk from the main theme area back to the meeting point.		
Walking at a medium pace.	Shoulder shrugs forwards and then backwards.		P: Shrug for longer. A: Shrug for less.
Walking at a slow pace.	Pass, imaginary, rugby ball side to side.	<ul style="list-style-type: none"> Carefully whilst walking, twist the torso from side to side and motion arms as though you are passing an imaginary rugby ball from side to side. 	P: Increase rotation movement. A: Decrease rotation movement.

At the meeting point come to a standstill and execute the following stretches:

<p>Hold the stretch for 15 seconds, repeat for the opposite arm. Set Up: Stand with feet shoulder width apart, knees slightly bent.</p>	<p align="center">Shoulders and Back (Shoulder Adductor, Protractor & Elevator Stretch)</p> 	<ul style="list-style-type: none"> • Stand up-right with the feet shoulder width apart. • Bring the left arm across the front of the body, with the left hand near the right hip. • With the right hand, grab hold of the left elbow. • With the right hand, try to pull the left elbow down and around the right side of the body. • Swap sides. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>
<p>Hold the stretch for 15 seconds, repeat for the opposite arm. Set Up: Stand with feet shoulder width apart, knees slightly bent.</p>	<p align="center">Arms (Elbow Extensor (Triceps Brachii) Stretch)</p> 	<ul style="list-style-type: none"> • Sit or stand upright with the left arm flexed at the elbow. • Raise the left arm until the elbow is next to the left ear and the left hand is near the right shoulder blade. • Grasp the left elbow with the right hand and pull or push the left elbow behind the head and toward the floor. • Swap sides. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>

<p>Hold the stretch for 15 seconds. Set Up: Stand with feet shoulder width apart, knees slightly bent.</p>	<p style="text-align: center;">Shoulders and Chest (Shoulder Flexor & Depressor Switch)</p> 	<ul style="list-style-type: none"> • Stand upright with your back to your partner. • Place feet shoulder width apart with one foot slightly in front of the other. • With straight arms, raise arms high above the head. • Your partner now places their hands below your elbows, with their palms facing towards them. • Lean your entire body forward. • Swap with your partner. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p> <p>P: Lean more forward. A: Lean less forward.</p>
<p>Hold the stretch for 15 seconds. Set Up: Stand with feet shoulder width apart, knees slightly bent.</p>	<p style="text-align: center;">Lower Trunk (Standing Lower-Trunk Flexor Stretch)</p> 	<ul style="list-style-type: none"> • Stand upright with legs 2-3 feet apart and hands placed on the hips. • Slowly arch the back, contracting the buttocks and pushing the hips forward. • Continue arching the back, drop the head backward, & slide the hands past the buttocks & down the legs. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>

<p>Hold the stretch for 15 seconds, repeat for the opposite hip.</p>	<p style="text-align: center;">Hips (Hip External Rotator & Back Extensor Stretch)</p> 	<ul style="list-style-type: none"> • Sit on the floor with the right leg extended. • Bend the left leg and place the left foot on the outside of the right knee. • Bend the right arm and position the outside of the right elbow against the outside of the upraised left knee. • Brace the left arm against the floor near the left hip. • Push the right elbow against the left knee, twisting the trunk as far as possible to the left. • Maintain enough pressure with the right elbow to keep the left knee in a stable position. • Swap sides. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>
<p>Hold the stretch for 15 seconds, repeat for the opposite leg.</p>	<p style="text-align: center;">Thighs & Knees (Lying Hip Flexor & Knee Extensor Stretch)</p> 	<ul style="list-style-type: none"> • Lie on the right side of the body. • Bend the left knee and bring the left heel to within 4-6 inches (10-15 cm) of the buttocks. • Grasp the left ankle tightly and pull the leg backwards close to your buttocks. • However, do not bring the heel of the left ankle all the way to the buttocks. • Push the hip forward at the same time. • Swap sides. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>

<p>Hold the stretch for 15 seconds, can move towards each leg.</p>	<p>Hamstrings & Calves (Seated Knee Flexor & Hip Adductor Stretch)</p> 	<ul style="list-style-type: none"> • Sit comfortably on the floor with legs extended in a V position (feet far apart from each other). • Place the hands on the floor next to the thighs. • Keep both knees straight and as flat against the floor as possible. • Reach the hands out toward the centre or slide the hands forward along the legs and bend the trunk over between the knees. • Swap sides, as appropriate. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>
<p>Hold the stretch for 15 seconds, repeat for the opposite leg.</p>	<p>Calves (Single Plantar Flexor Stretch)</p> 	<ul style="list-style-type: none"> • Stand facing your partner. • Brace your hands against your partner's shoulders. • Keeping the left foot in place, place the right foot 1-2 feet behind the left foot. • The left foot is 1-2 feet away and the right is 2-4 feet away from your partner. • Keeping the right heel on the floor, lean your chest towards your partner. • You can bend the left knee slightly to facilitate moving your chest towards your partner. • Swap sides. 	<p>P: Hold Stretch for longer. A: Hold stretch for shorter.</p>

WELL DONE EVERYONE, YOU WORKED HARD AND I HOPE YOU ENJOYED THE SESSION AND LOOK FORWARD TO SEEING YOU NEXT TIME.



[LOCATION NAME]: SESSION PLAN MAP

