



**Arthritis
Foundation**SM

TABLE 5.2A LESSON PLAN DEVELOPMENT TOOL

CLASS DATE _____ OR WEEK _____ /SESSION _____

CLASS FORMAT (CONTINUOUS, INTERVAL, CIRCUIT OR COMBO) _____

EQUIPMENT _____

CLASS COMPONENT	TOPICS, EXERCISE & ACTIVITIES	PROGRESSIONS & CUES
WELCOME & HEALTH EDUCATION # of minutes		
ANNOUNCEMENTS # of minutes		
OVERALL GOALS # of minutes		
WARM-UP # of minutes.		
MAIN SEGMENT # of minutes - FLEXIBILITY & ROM - STRENGTH & ENDURANCE - CARDIORESPIRATORY - BALANCE & COORDINATION - OPTIONAL ACTIVITIES		
COOL-DOWN & RELAXATION # of minutes		
CLOSING # of minutes		
HOMEWORK # of minutes		