**MARKING BREAKDOWN TO NOTE DURING DEVELOPMENT**

1. What is the name of the workout? (5 marks)
2. Write out how you will introduce the class? (5 marks)
3. List the equipment you will use including what is provided? (5 marks)
4. Write out your dynamic warm up including time (10 marks)
5. The Workout including levels for each exercise (40 marks)
6. Modifications for your class as per scenario (20 marks)
7. Write out your cool down and static stretch including time (10 marks)
8. Write out how you will wrap up the class? (5 marks)