|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Naam: | | | **Datum:** | | | | | | |
| Type groep: | | | **Totale lestijd:** | | | | | **Aantal deelnemers:** | |
| Doelstelling (SMART omschrijven) | | | | | | | | | |
|  | | | | | | | | | |
| Beginsituatie | | | | | | | | | |
|  | | | | | | | | | |
| Fase | | **Uitvoering** | | | | | **Aantal setjes/ herhalingen** | | **Tijd** |
| Warming-up | |  | | | |  | | |  |
| Kern 1 |  | | | |  | | | |  |
| Kern 2 |  | | | |  | | | |  |
| Afsluiting/ cooling-down |  | | | |  | | | |  |
| Reflectie | | | | | | | | | |
| Wat ging goed | | | | **Wat kon beter** | | | | | |
|  | | | |  | | | | | |