**Title: Plank**  
  
**Type: Clil, warming-up, bootcamp**  
  
**Lesson Goal:** **Learn the proper technique of the plank**

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| **Instruction** | **Differentiation options** | **Extra info** |
| Afbeelding met gras, schermafbeelding, elektronica, scherm  Automatisch gegenereerde beschrijving |  |  |
| **Field set-up:** | | |
| **Link to support/assessment document:** [**www.thephysiacaleducator.com**](http://www.thephysiacaleducator.com) | | |

**Additional pages if necessary:**