**Core Training for Instructors Programme**

**Trainer Feedback Form (for use during training)**

*Note: Not all Core Skills will be applicable to every lesson including the final submission.*

*Enter N/A against a skill that is not applicable for the lesson.*

**Trainee name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of lesson: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Most of the time** | **Some of the time** | **Rarely** | **Notes** |
| **Class preparation** | Dances selected for content and suitability for the class |  |  |  |  |
| Lesson carefully prepared: flows well, formations repeated as appropriate |  |  |  |  |
| Points needing special attention identified and addressed |  |  |  |  |
| Appropriate warm-ups and cool-downs |  |  |  |  |
| Contingency plans made in the event that last minute changes were needed |  |  |  |  |
| Appropriate music selected/liaised with musician |  |  |  |  |
| A series of progressive lessons prepared, if applicable |  |  |  |  |
|  |  |  |  |  |  |
| **Lesson delivery** | Made the class enjoyable through a pleasant personal manner |  |  |  |  |
| Encouraged sociability and teamwork |  |  |  |  |
| Fostered appreciation of the music and developing rhythm |  |  |  |  |
| Kept the dancers moving |  |  |  |  |
| Used standard terminology for steps and formations |  |  |  |  |
| Demonstrated steps, formations, handing and/or phrasing personally or by using other dancers, videos or visual aids |  |  |  |  |
| Pre-taught formations new to the group |  |  |  |  |
| Used voice effectively to give clear explanations |  |  |  |  |
| Coached over the music (as in “away from the centre, quarter turn, etc.”) |  |  |  |  |
| Recapped clearly and concisely within the lesson |  |  |  |  |
| Identified and addressed areas for improvement for the class |  |  |  |  |
| Analysed and resolved problems in formations, handing or phrasing as appropriate to the class |  |  |  |  |
| Gave encouragement and appropriate praise |  |  |  |  |
| Managed class numbers and behaviour |  |  |  |  |
| Showed awareness of instructor positioning |  |  |  |  |
|  |  |  |  |  |  |
| **Self -evaluation after the lesson** | Reflected on the outcome of the lesson and noted what went well and what needed improvement |  |  |  |  |
| Assessed, and devised ways to improve, personal instructional methods and performance |  |  |  |  |

**Additional Feedback from Trainer:**

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**Trainer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Trainer’s Branch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Membership No.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_**