

ASSESSMENT COACHING FORM

CLUB NAME		INSTRUCTOR NAME	
DATE		COACH	
CLASS TYPE			

Please complete the left hand side boxes below with 'Y' or 'N'. 'Y' indicates competency; an 'N' indicates a lack of competency. Highlight or underline the detail of the criteria that needs further attention

	Arrived Early to Class (5-10minutes early), interacted with participants, setup music & equipment, health & safety checks. Class starts on time
	Pre-Class Interaction (Communicates, supports and engages with class participants prior to the class starting)
	Identifies new participants and discussed options. Eg. option to attend half class for first 2 weeks (SMARTSTART)
CLASS CONTENT	
	Confidently delivering content –Pre-choreographed or freestyle
	Timing- Correct beat and phrase of the music – (where relevant moves with the music and on the correct beat)
	Additional Comments
TECHNIQUE	
	Good posture and alignment (Safe position, relevant to activity)
	Effective Execution (Strong execution of moves, moves with control, full range, precision)
	Physical Role Model (Demonstrates intensity, inspiring movement)
	Demonstrates intensity options (Can & does physically show all levels of options)
	Additional Comments
COACHING	
	Cues effectively ahead of the move
	Clear verbal and visual cues
	Coaches the benefits of the move (eg. "Brace your abs to protect your spine)
	Coaching intensity options, relevant to individual/class needs.
	Looks, observes and responds to class/individuals' needs
	Additional Comments
CONNECTION	
	Shows Care, Respect, Enthusiasm & Positivity to all participants in the class (Uses names, eye contact, facial expressions, open body language)
	Post- Class Interaction (Communicates, supports and engages with class participants following the class)
PERFORMANCE	
	Vocal contrast (Uses the voice to match the highs and lows of the music)
	Connects with the emotion of the music to enhance the enjoyment of the class, where relevant
	Shows Personality (Authentic, shows enjoyment & fun)
SELF-ASSESSMENT	
	Ask the instructor what aspects of their teaching they can make the biggest change in/are excited to work on:
ACTION PLAN (Include what the Instructor needs to work on, why, how and by when the actions should be complete)	