

Stage 2 Pilates and Posture Correction

Marking Sheet

**SS3161 Practical Group Teaching Assessment - Instructional Skills**

Student Name

ID number.....

Course: ...

2 Warm Up Exercises

Venue: .....UL

2 Beginner Exercises

Tutor.....

Date Submitted: .....



Grading Scheme	Honours First class	Honours 2.1	Honours 2.2	Pass - Honours 2.2	Pass	Fail
<b>Grade</b>	A1-A2 Excellent	B1-B2 Very Good	B 3 Good	C1-C2 Satisfactory	C3 Adequate	D Unsatisfactory
<b>%</b>	100%- 75%	74% -65%	64%-60%	59%-50%	49%-45%	< 45%

Please tick the appropriate column

<b>Core Instructional Skills</b>						
Personal Technique						
Appropriate teaching and safety points						
Specific observation skills - attention to detail						
Specific correction skills (appropriate verbal/tactile)						
Implementation appropriate modifications						
Effective verbal and visual cueing for Pilates						
Correct use of breath patterns						
Application of theory to practice						
<b>Supplementary Instructional Skills</b>						
Exercise choice from list suitable for group						
Appropriate level of exercises taught for individuals						
Order of exercises/flow/transitions						
Ability to care for individuals + group						
Clear and competent in presentation						
Communication Skills						
Appropriate motivation skills/Voice						
Class Education						

General Comments

	Actual	Calc	
Instruction out of 95%		71	(Instructional must be over 45% or overall PASS grade)
Self Evaluation out of 5%			
<b>Total %</b>		<b>75</b>	
<b>Letter Grade</b>			