

Alpine Level 1 Teaching checklist

What is the task _____

Identify all fundamentals present in the task _____

What Fundamental is the main focus? _____

Why do we do this task as we learn to ski? _____

How do we do it? Does this explanation match the cert guide task descriptions? _____

Is their Demo accurate? _____

Did the teacher make observations? _____

Where the observations specific to their main fundamental? _____

Did they include a safety message? _____

What demographic is this presentation aimed at? _____

Other Comments:

Level 1 hot seat questions

1. Is there anything you would like to do over from your teaching segment?
2. What are common problems you see when students are introduced to this task?
3. What joints/body parts are you using to complete the task?
4. How could you introduce safety when teaching this task?
5. How are the other Performance Concepts utilized in this task?
6. What would you change in your teaching segment if you students were Kids? Adults? Old people?
7. Can you explain Maslow's Hierarchy of needs? How does it apply to learning to ski/board?
8. What does the CAP model tell you about a young student?