

TEACHING CYCLE

INTRODUCTION

Establish rapport with students and among students
Work on creating a comfortable, safe, and fun environment
Describe what is to come (short term, long term)
Ask questions that will help you identify your students, their needs, and motivations (motivators)

DETERMINE GOALS

Assess your students skiing ability
Listen to your students to find out what they want and expect (parents too!)
Set appropriate goals based on student's ability and expectations
Identify understanding
State the goals, blending in individual's goals as well as instructor's goals
Identify movements

PLAN THE LESSON

Select appropriate terrain and snow conditions
Think of the logical progression relevant to goals
Break lesson into short, meaningful sections that can be mastered. Every mastered section is a time to celebrate!
Determine the pacing of information delivery, practicing and skiing.

PRESENT THE INFORMATION

Present info in a clear, concise way
Recognize student's learning styles and choose teaching styles accordingly.
 VAK = visual, audio, kinesthetic
 STFD = Seer, Thinker, Feeler, Doer
Facilitate understanding needs

DEMONSTRATE

Give good demonstrations relevant to what you are teaching
Demonstrate from many perspectives (front, side, back)
Focus the student's attention on the important part of what you are talking about (i.e. Look at my ankles at the start of the turn, or look at my ski tracks, etc.)
Facilitate movement needs

PRACTICE

Lots of it!
Give specific and immediate feedback
Facilitate movement needs

CHECK FOR UNDERSTANDING

Always check for understanding – constantly!!
Watch to see that they are performing the task
Ask to hear if they understand it
Check to make sure they are not cold, hungry, tired, scared...
Facilitate movement needs

SUMMARIZE

Tell everyone what we did
Did we meet goals?
What each student can/will continue to work on