



## Shadowing Reflection Sheet

Instructor:

Group Level:

Main theme of the lesson:

Group composition (age, profession, gender):

*You don't have to answer all of these questions but they should help you to review the lesson in your mind and reflect on what you will take from the experience.*

- How did the instructor start the lesson? (E.g. was there a recap from previous sessions; introductions; goal setting; negotiated plan of action?)
- What safety measures did the instructor take? Try to list as many as possible.
- What did the instructor do to make the session fun/enjoyable?
- How did the instructor communicate with the group? (Was it purely verbal or was there a use of demonstrations, diagrams in the snow etc.?)
- From where did the clients receive feedback?
- Can you think of a time in the lesson when the instructor worked on the different performance threads of technical, tactical, psychological and physical?
- Was there anything about the lesson that you particularly liked? Why?
- Was there anything about the lesson that you particularly did not like? Why not and how would you do things differently?
- Can you think of an exercise, drill or approach that happened during the lesson that you would like to use in your own teaching? If so what was it working on in relation to the fundamental elements?
- How did the instructor position themselves within the group? Did they always lead from the front? What were the benefits and negatives of this?
- Was everyone in the group equally involved? If so how was this managed, if not was there a way to have achieved this?
- How was the TIED teaching model being used?