**TEACHING AND LEARNING A SKILL** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**You are going to choose a skill to teach to other members of the class. You will need to use the 5- step process when teaching the skill. You will also need to break down the skill into phases. You will then make an observable plan to give feedback to your peers.**

**Please choose a skill that you will be teaching tomorrow.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Singers 5- Step Process. You must use this process when teaching the skill**

|  |  |
| --- | --- |
| Steps | What does each stage entail (use textbook)? |
| Readying (please include equipment you will need for your skill) |  |
| Imaging |  |
| Focusing |  |
| Executing |  |
| Evaluating |  |

**Use Page 263 as reference if you are unsure what each phase represents**

Break the skill into phases, Identify key points of each phase for skill:

Preliminary movements:

Back-swing or recovery movements:

Force producing movements:

The critical instant:

The follow-through.

Please create an observation plan. (Use page 263 of textbook for reference). You will use this plan to observe and give feedback to you peers.