

# Self-Assessment Tool



**1** = Room for improvement    **2** = Meets Expectations    **3** = Exceeds Expectations

Music Identity	Score	Comments, evidence for exceeds, improvements
Is on the beat most or all of the time with little interruption to the activity when the beat is missed	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Applies 8-count phrase most or all of the time with little interruption to the activity when phrasing is off	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Is aware of the 32-count phrase most or all of the time with little interruption to the activity when phrasing is off	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	

Verbal Cueing	Score	Comments, evidence for exceeds, improvements
Is clear, expressive, projecting well throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Makes use of specific and complete cues throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Is using meaningful and appropriate terminology throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Is cueing in advance of a movement change throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	

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Visual Cueing - Form/Technique	Score	Comments, evidence for exceeds, improvements
Demonstrates precise alignment and body mechanics throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Demonstrates proper exercise execution and technique throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	

Mirror Image	Score	Comments, evidence for exceeds, improvements
Taught facing the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Taught to participants' right and left side throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	

Exercise tool and selection	Score	Comments, evidence for exceeds, improvements
Demonstrates steps that are safe and easy to follow throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Uses the best tool for each exercise	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	

Transitions	Score	Comments, evidence for exceeds, improvements
Steps or exercises flow together smoothly throughout the class	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	
Teaches using entry-action-exit with most exercises	<p><b>1   2   3</b></p> <p><input type="radio"/>   <input type="radio"/>   <input type="radio"/></p>	