

COACHES FORUM – “The First Lesson” & “Six Week Starter Program”

Thank you for taking the time to actively think about your lesson plans and for preparing for the forum. The aim of the questionnaire is to get you thinking & preparing before attending the forum so that you can refer to your answers and share with the group during discussions. There are no right or wrong answers here, just idea sharing.

Use this sheet to jot down the activities and skills you would usually deliver with new students – from first lesson to end of term

WARM UP	BATON SKILLS	BODY: Dance	BODY: Acro or Strength	GAMES & FUN

What activities generate the greatest spark in your new students? These could differ between age groups so have a think about each specific group.

How do you build on that? eg Do you take immediate action, alter the lesson plan on the fly and “run with the fun” or store it away and enhance for next lesson.

What baton skills do you specifically teach on the first lesson? Why?

What would your typical first lesson look like - think brand new student, has never seen or heard of baton twirling before. Fill in the table below. You can be as general or specific as you like.

TIME	WARM UP	LESSON FOCUS	COOL DOWN

What would you like your brand new students to achieve by the end of the first class:

If you're thinking of a 6 week program, what would you like your new students to achieve by the end of the last class:

Other tips and tricks that have been successful for you:

If you could give one piece of advice to another coach, what would it be?

Once again, thank you for actively participating in the forum. Your participation is greatly appreciated and together we will build the necessary resources to continue supporting our sport. You can save this sheet to your own files as a record or if you are willing you can submit the form to **statecoachnswbta@gmail.com** as part of data collection to help prepare the 6 week program.