LEVEL 1 MOVEMENT ANALYSIS & LESSON PLANNING FORM

Candidate Name: ______________________  Student: ____________________________

SECTION 1: Analyze and Describe the Student

1. What is this student’s lesson goal, or what do you think they expect from the lesson? (Refer to student profile.)

2. Describe this student’s ability level

3. Does the student appear to be comfortable on this terrain?

4. What is the student trying to do (i.e.: What is their intended outcome?)

<table>
<thead>
<tr>
<th>The Student’s Stance</th>
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<tbody>
<tr>
<td>5. What is their fore/aft position during the initiation phase of the turn and what is it doing to the skis?</td>
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<tr>
<td>6. What is their stance relative to their outside ski during the initiation phase of the turn and what is it doing to the skis?</td>
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<table>
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<tr>
<th>The Student’s Movements</th>
</tr>
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<tr>
<td>7. Is the student doing more tipping or turing with their body to make the ski turn?</td>
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<td>8. Where in the student’s body are those movements coming from: the upper body or the lower body?</td>
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<td>9. What effect are these movements having on the student’s ability to shape a round turn or move in balance with their skis?</td>
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SECTION 2 - Address the Student’s Needs
1. What should this student do differently to perform their intended outcome?
   A). Adjust fore/aft alignment?
   B). Adjust alignment to the outside ski?
   C). Adjust tipping and turning movements?

2. What's the ideal terrain and/or snow condition for this student?

3. Are there details about this student that may affect the lesson? (Refer to student profile.)

**SECTION 3 - Design Your Lesson Plan**

1. Describe specific terrain and snow conditions that will help you implement your plan.

2. When you demonstrate for the student, what will you emphasize?

3. Describe the activity/activities you will use to help the student improve.

4. What should the student see, hear or feel when they have success?

5. What specific strategies will you use to try and connect with this student?

6. Describe how you can ensure a simple, clear and concise technical message to this student.

7. What are the next steps for this student?