## LEVEL 2 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?)

### Application of Fundamentals

4. Describe how the skier uses a single fundamental through all 3 phases of a turn.

5. Describe how the skier uses another single fundamental through all 3 phases of a turn.

### Cause and Effect Relationships

6. Identify and describe a cause and effect relationship between body and ski performance using a skiing fundamental

7. How is the skier’s application of the fundamentals effecting their ability to perform their intended outcome?

### SECTION 2 - Address the Student’s Needs
1. What will you do to help this student perform their intended outcome?

A). Identify a fundamental that will improve this student's performance.

B). Describe how improving one fundamental will improve the student's ability to control another fundamental.

C). Describe what the student's skis should do differently.

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

3. Identify specific details about this student that will 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?