

Instructor Training Scheme

Practical Lesson Checklist

Use this prompt sheet to remind you of the essential and less important supportive criteria, which go towards making a successful practical diving skills lesson in the water. The sheet should be used to review your own performance when self-assessing, as well as providing constructive feedback to other people.

| <u>ESSENTIAL CRITERIA</u> | <u>STEP</u> | <u>Notes</u> |
|----------------------------------|---|---------------------|
| S | SAFE - for Group and for real students at that stage in their training | |
| | Was the class controlled closely? | |
| | Was an appropriate depth used? | |
| | Were the entry & exit safe? | |
| | Any other safety points in the lesson? | |
| T | TECHNICALLY CORRECT & skilful personal demonstrations | |
| | Were the demonstrations clear and performed correctly? | |
| | Were the signals clear? | |
| | Did all the students see all the demos? | |
| | Was the class positioned so they could see? | |
| E | EFFECTIVE TEACHING | |
| | Were demonstrations clear and repeated if necessary? | |
| | Were significant faults in students' performances identified and corrected? | |
| | Was the student able to do the skill by the end of the session? | |
| P | PROGRESSIVE - Skill broken down & logical steps | |
| | Were essential skills recapped? | |
| | Were new skills introduced in manageable steps? | |
| | Were the steps introduced progressively & in a logical manner? | |

| <u>SUPPORTIVE CRITERIA</u> |
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| Brief - did the brief cover SEEDS & was it brief? |
| Were the kit up, buddy check and de-kit taught? |
| Were a relevant entry & exit taught? |
| Was appropriate sensible kit configuration used? |
| Was a sensible amount of content/progression covered? |
| Debrief - did the debrief cover REAP & was it brief? |
| Did the instructor make effective use of the time available? |
| Was the instructor organized, enthusiastic and confident? |