

CS1 VIDEO MOVEMENT ANALYSIS WORKSHEET

This worksheet is for the CS1 assessment candidate to use as a guide and may be filled out or used to take notes for the post-video interview. This will not be assessed and is for you to keep.

Child's Name: _____ **Child's Age:** _____

Child's Goals: _____

Identify one skiing or snowboarding fundamental: _____

Describe what you see:

How is the body moving?

What is the equipment doing?

Initiation Phase:

Shaping Phase:

Finish Phase:

Is the equipment appropriate for the student and their goals? Why or why not?

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How does THIS child's age and stage of development influence how they learn motor skills?

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CS1 SAMPLE LESSON PLAN

Fill out this page following the MA video interview and hand in for assessment.

Child's Name: _____ **Child's Age:** _____

Child's Goals: _____

Ski/Snowboard Fundamental: _____

What changes do you hope to see? (Equipment performance/body movements)

Which developmentally appropriate activities, tasks, or games will you use to improve your student's performance.

What terrain will you use, and why?

How would you adapt this lesson for another age or stage of development?