

## Assessment self-analysis form

**Assessment Due Date:** \_\_\_\_\_

The self-analysis form can assist in helping you work more from your strengths. Use the checklist below to identify elements that you are doing really well and those that require your ongoing attention.

When preparing for Assessment, work through the following checklist to ensure your presentation has met the compulsory requirements (indicated in **bold**).

Information obtained here can be included on the Cover Sheet that is sent with your Assessment.

ASSESSMENT CHECKLIST:	✓
Have I recorded the whole class, including pre and post-class interaction?	
Have I ensured there are some participants visible in the recording?	
Have I viewed the entire class to check that I can be seen and heard clearly throughout?	
<b>Did I show that I knew my choreography 100%?</b>	
<b>Did I follow the correct class format?</b>	
<b>Did I demonstrate correct alignment and posture?</b>	
<b>Did I demonstrate safe effective movement and range?</b>	
<b>Did I move in time with the music and on the correct beat?</b>	
<b>Am I easily understood and followed by my class?</b>	
Did I appear to be open and approachable?	
Did I capture the essence of CXWORX®?	
Did I provide a journey of contrasts?	
Circle any areas requiring ongoing attention:  <p style="text-align: center;"><b>Choreography Knowledge</b> / Track Selection / <b>Class Structure</b> / Push Play and Go</p> <p style="text-align: center;"><b>Position / Execution / Timing</b> / Fitness / Feel</p> <p style="text-align: center;"><b>Initial Cues / Follow-up Cues</b> / Motivational Cues / <b>Pre-cueing</b> / Class Management</p> <p style="text-align: center;">Sequence of Coaching / Voice / CRC – Technique Correction</p> <p style="text-align: center;">Engaging Participants / Being Open and Approachable / Catering to your Classes' Needs</p> <p style="text-align: center;">Capturing the Program Essence / Contrasting the Journey / Natural Teaching Style</p>	

## Assessment cover sheet

**This cover sheet is to be fully completed and submitted with your Assessment.**

Instructor Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post / Zip Code: \_\_\_\_\_

Phone Contact: \_\_\_\_\_ Email: \_\_\_\_\_

Club Name: \_\_\_\_\_ Club Representative: \_\_\_\_\_

Please tick (✓):

ASSESSMENT ☐

ASSESSMENT RE-SUBMITTED ☐

Please indicate the CXWORX® release you are submitting for Assessment: \_\_\_\_\_

### Self-analysis Summary:

How did you feel about the class you taught?


Detail any instructing goals you are striving to achieve right now:


List any areas that you have identified as having done really well:


List any areas that you have identified as requiring your ongoing attention:


List any information that you would like your Les Mills' Assessor to take into consideration:


\_\_\_\_\_  
**Instructor's Signature**  
**Signature**

\_\_\_\_\_  
**Club Representative's**