

CS1 CANDIDATE VIDEO MOVEMENT ANALYSIS WORKSHEET

This is for the candidate to take notes and fill out while watching the Movement Analysis Video. This sheet will be collected by the assessor and it will be assessed.

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

Child's Goals: _____

Considering the child in this video, how does their age and stage of development influence how they learn motor skills?

Cause and Effect: How is this child's body moving and what is their equipment doing?

Select one turn phase for your answer: Initiation Phase / Shaping Phase / Finishing Phase

Based on your cause and effect observations, identify one skiing or snowboarding fundamental to focus on:

Is this child's equipment appropriate for their goals? Why or why not?

CS1 MA/TECH LESSON PLAN

Candidates must complete this page after the Movement Analysis Worksheet. Candidates will have approximately 15 minutes to complete and hand in for assessment.

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

Child's Goals: _____

Ski/Snowboard Fundamental: _____

Outline a brief prescription for change that addresses one fundamental in one phase of the turn for the child in this video. This prescription should be based on:

- **The Student Interview**
- **The Student's Age and Stage of Development Your Movement Analysis**

Please write legibly and only on this side!