

P7 pttls

Education



**ASSIGN
BUSTER**

Evaluate the teaching and learning approaches and effectiveness of resources for your observed session. Evaluate how your session met the needs of individual learners. My micro teaching session consisted of teaching a dance routine (Locking) and a warm up exercise. The session was to introduce the basics of locking; and also to make it appealing to all the different learning styles. For the purpose of the session a big space without carpet was needed to make it safe for the all learners in the session. To ensure that all learning styles were catered for I used demonstrations of the dance routine for the visual and kinaesthetic learners and my own verbal delivery for the auditory learners. I started the session of with an informal chat about what was going too achieved in the class, and what it involved. This is important to help learners to understand what must be achieved in class. The aims of the main exercise ' Locking' I believe were delivered in a clear and concise manner as I got the impression that the aims were clearly understood. The warm up exercise were delivered in a confident manner and by first doing exercises to get the blood pumping round the body before doing stretching exercises for the muscles I allowed the group to see my knowledge of fitness which is an important part of dancing, which set a standard for the group to follow. I thought that the group did not feel alone and that they were within a safe environment. To achieve this I made sure that all students understood that this was fun style of dance and that no one was here to judge. After an exercise that is physically charged, it is important to do a warm down at the end of the session. I found that only having a short amount of time to explain and teach the dance routine that I run out of time to make sure a warm down was done.