



Final Practical Evaluation

Essentials Assignments

ASSIGNMENT #1 page 26 of the Essentials instructor manual: Create two series using the layer and build tactic. One series on Intense Strength while the other Intense Cardio.

A score of 3 or higher in each category is required for a passing grade.

Verbal cueing

Cue beyond the set up and action. Must hear alignment, motivational and modification cues as well.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

Beat matching

Moves follow the beat of the music.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

Ability to follow the Layer and Build strategy

As noted on page 23 of the Essentials instructor manual. Maintain a smooth flow between exercises and their variations – no breaks in the movement.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

Ability to incorporate Intense Strength and Intense Cardio

One choreography series must focus on the concept of Intense Strength (adding in levers and/or making the series more intense for the primary working muscles) and the other series must focus on Intense Cardio (increasing range of motion and/or increasing speed).

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive



ASSIGNMENT #2 page 51 of the Essentials instructor manual: State the cues for each step of the Cueing Hierarchy. Assume you are taking your class from a position on the mat (seated, Plank, Down Dog) to Chair at the barre (heels lifted) starting with pulses down. Don't forget the modifications!

All five steps plus modifications must be cued **in order** and with **seamless flow** to pass.

[Step 1: Use a set up/transition tactic](#)

YES NO

[Step 2: Cue the exercise action](#)

YES NO

[Step 3: Cue alignment](#)

YES NO

[Step 4: Cue the mind](#)

YES NO

[Step 5: Be motivational](#)

YES NO

[Modifications provided](#)

YES NO