

# Learner Self-Evaluation Report

<b>Learner Name:</b>	<b>Date:</b>
<b>Course:</b> SOSA Dance Fitness Online Instructor Training Course	

<b>1. Did I perform all exercises and movements with safe and effective technique?</b>
<b>2. Did I show a confident interpretation of the routine?</b>
<b>3. Did I apply good knowledge of posture, characterisation, rhythm, timing and co-ordination?</b>
<b>4. I was particularly pleased with ...</b>
<b>5. When I deliver this routine again, I aim to make the following changes</b>
<b>6. Making these changes will improve the learning experience in the following ways</b>

<b>Learner Signature:</b>	<b>Date:</b>
<b>Assessors Signature:</b>	<b>Date:</b>