

Awareness through Movement teaching practicum

Preparation and teaching considerations

Dear AA1 students,

Towards your upcoming ATM practicum this August, please use the following guidelines that will ensure an effective and satisfying experience.

1. Collaborate with your group of teachers and decide ahead of time at what point in the lesson you transition from one teacher to another to ensure smooth transitions.
2. The 1st teacher can do an opening scan and the last teacher can do the final scan. Make sure not to insert long scans when you transition from one teacher to the other. This is a common mistake that not only makes the lesson unnecessarily longer, but it also creates interruptions in the students' process of exploring movements or patterns.
3. If you decide to put an emphasis or a focus on a particular aspect in the lesson, or you are planning to use a particular image, do collaborate on that as well and think about how that element will be presented and developed throughout the lesson.
4. Even though you are planning to teach only a part of the lesson, please study the whole lesson and prepare yourself to be able to teach it on your own. This will ensure the smoothness of the shared teaching, and will help in case of emergency.
5. Do teach the entire lesson on your own to a friend, relative, or neighbor (this is not an FI practice so pets don't count). It could even be a one-on-one situation, in person, or on zoom. You want to make sure that you have already taught this lesson at least once before teaching it in the ATM practicum.
6. There are many ways to use notes and summaries to help you prepare and memorize your lesson. You can use whatever works best for you and you can prepare your own notes or cheat sheets to help you remember the lesson and ensure that if you get lost while teaching you can navigate your way back. Nevertheless, please refrain from reading the lesson from your notes or written papers. Even if you need to look at your notes (which is totally fine and acceptable), take your time as you teach to find your own spoken language.
7. It is through your spoken words that you create safe conditions for learning for your students. Your clarity (amongst other factors) accounts for your students' sense of being safely guided by your teaching.

So your first priority is having clarity about the following 4 elements:

- Position - Guiding the position in which you want your students to be in.
 - Direction - Guiding the movement and the direction of the movement in space and in relation to the body.
 - Range - Inviting your students to start with small movements.
 - Speed - Inviting your students to go slow.
8. Each group of teachers should have at least 6 students to teach. Make sure to sign up on the SignUpGenius signup sheet to attend the lessons of your classmates:
<https://meaningfulaction.org/atmpracitum>
9. The practicum starts at 10:30am. Please arrive a few minutes earlier (teachers and students) so that we can start on time. Do your best to limit the lesson to 50 minutes. These will ensure sufficient time for feedback and a short break before the class starts. We will do our best to wrap it all up by 11:50am.

If you have any questions, please free to email me directly: felden.raz@gmail.com

I am looking forward to seeing you in person in August.

All the best,
Raz.