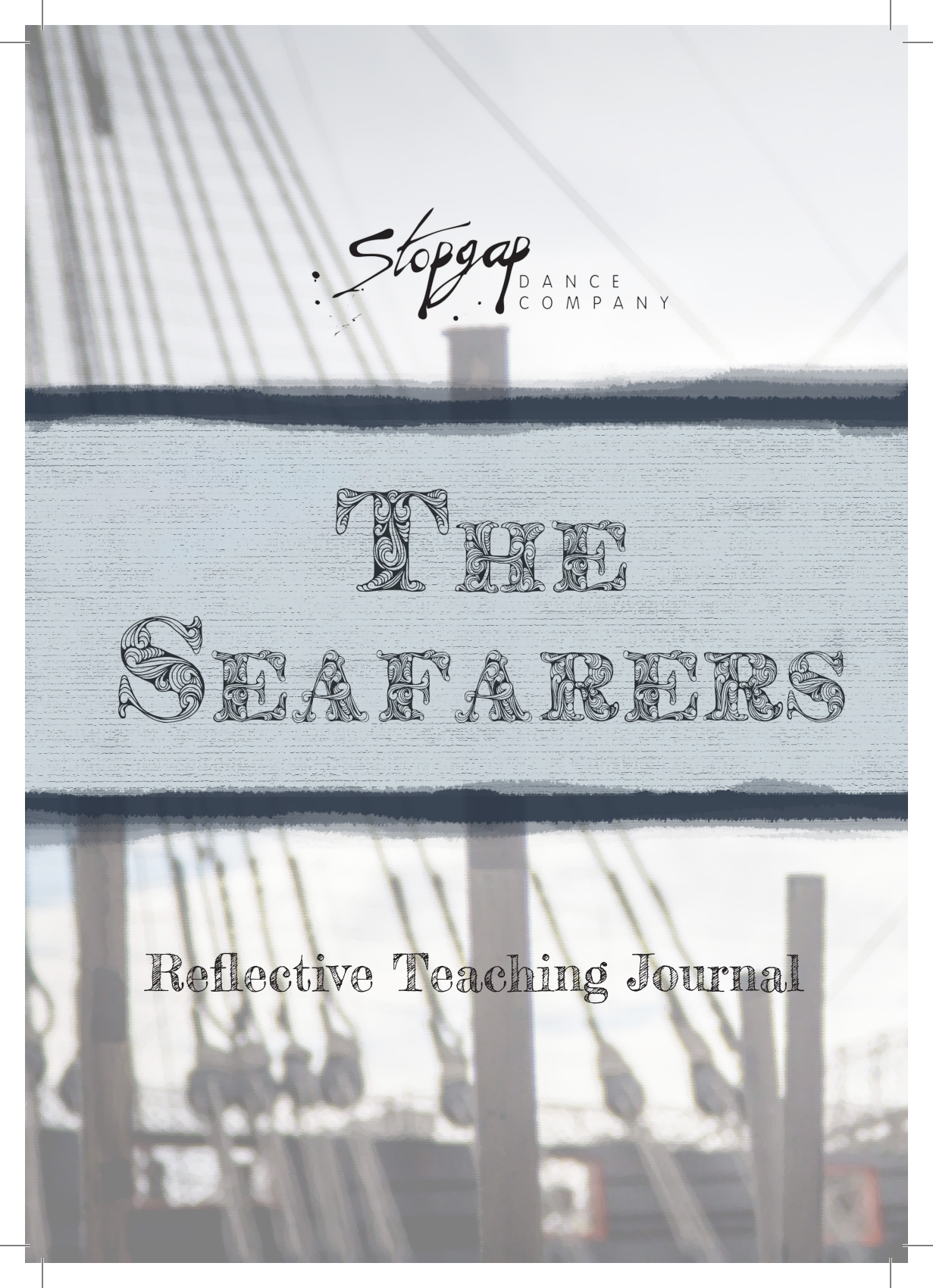




Stopgap DANCE
COMPANY

THE
SEAFARERS

Reflective Teaching Journal

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SPiRiT
OF 2012



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**ARTS COUNCIL
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**DANCE
EAST**

Reflective Teaching Journal

This reflection diary is a chance for you to note down your thoughts and ideas throughout your Seafarers experience. Hopefully it will support the session planning and enable you to refine your practice in order to develop your teaching. Please be as honest as you can - it will help us to learn from your experience too.

We have offered you two questions per session to kick-start your thinking and space to offer your own reflections each week. There are also spare pages if you wish to reflect further on the end of each term, you could even put thoughts from your groups. Please feel free to include sketches, photographs or anything that works for you.

It is really important that you take a few moments to complete this journal each week along with the participants' numbers at the end of the book. The funder of this project, Spirit of 2012, require us to complete detailed evaluation quarterly and your input will feed into this.

If you have any questions or concerns at any point please don't hesitate to get in touch with Charlotte, Lucy or Siobhan.

Weekly Reflections



Date:

Thinking points...

How did you feel before the first session and how do you feel now the session has finished?

What was the group's energy like at the start of the session and did it change throughout the session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What was your main aim of the session, did you achieve this or did you need to follow a different direction?

Did anyone in the group remember any elements of the first session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

After today's session is there anything you are worried about?

Did anyone in the group surprise you or standout in today's session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Are you getting to know the group? Is there anyone you feel you have developed a good dialogue with? Are you beginning to understand how the group learn and move?

Did anyone find it difficult to focus today, if so, how did you support them? If they are all focusing well, what is working?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Have you begun to adapt the way you teach to suit the needs of your group now that you have led a few sessions?

Are there any individuals in the group developing their confidence, if so, where in the session is it noticeable?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Have you developed any new practices or methods that seem to keep the group 'with' you?

Did anyone work particularly hard in the session today, is this unusual or do they always work hard?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How was your inclusive language today? Are you finding new ways of communicating to the group?

Are the group developing friendships and working well together?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What inclusive methods or Stopgap tips have you used in today's session and what has worked and/or not worked?

Was anyone in today's session not reaching their potential, how can you get them more involved in the next session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How have you worked with your assistant in today's session, is your working partnership going well?

Are the group remembering the material and dance skills you are sharing with them?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Were you well prepared for the session? What do you know you need to do before each session to ensure your teaching is secure?

Can you note down any changes you've noticed in a couple of the individuals in the group over the term?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How are the group responding to the music for The Seafarers? Do they like it?

Are there people in your group who are developing a good sense of rhythm and musicality?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Are the group beginning to take on any characters within the choreography?

Where do you most notice personalities in the group during the session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What have you enjoyed most about teaching your group?

Was there anyone who really stood out this session? What did they do well?

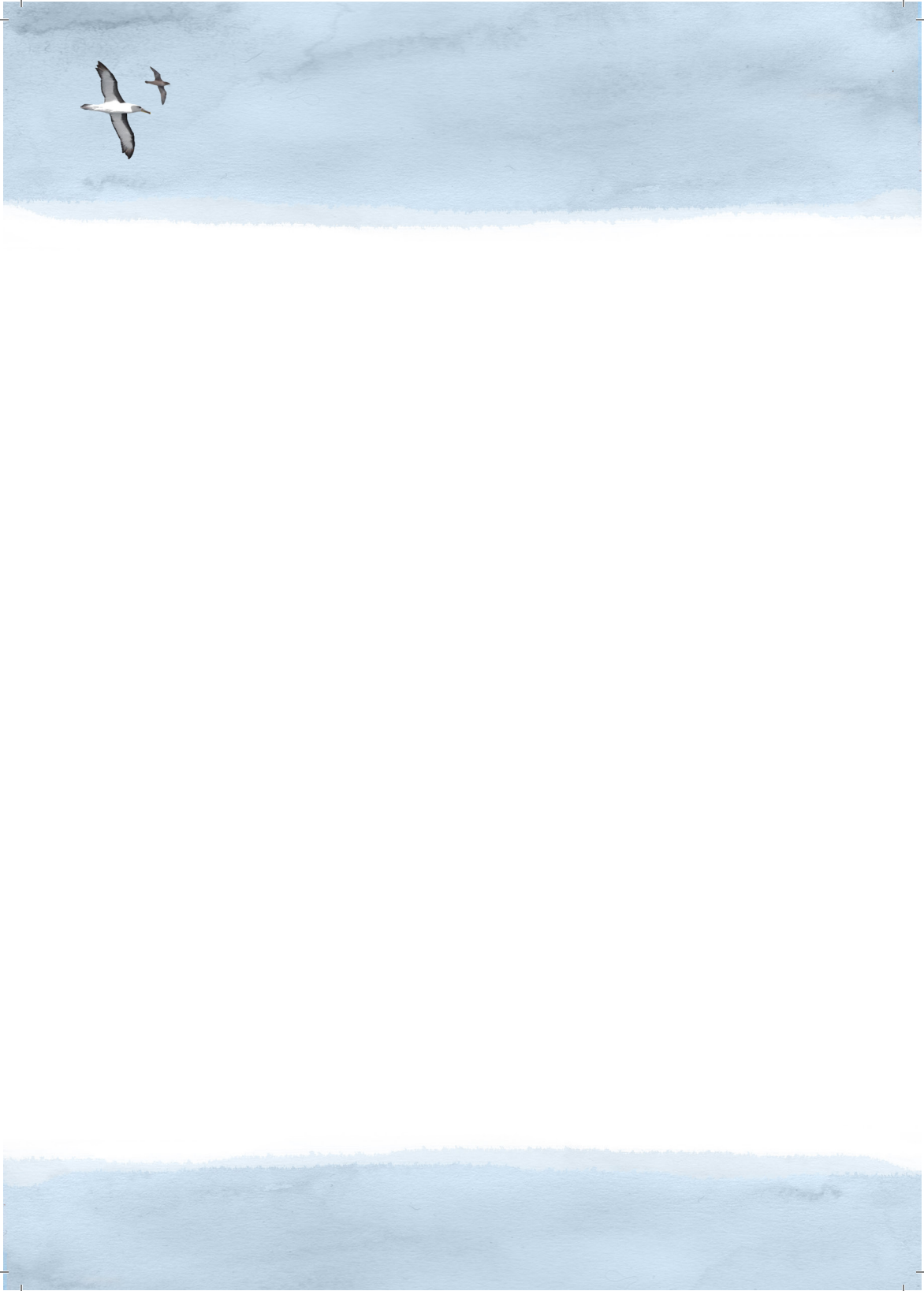
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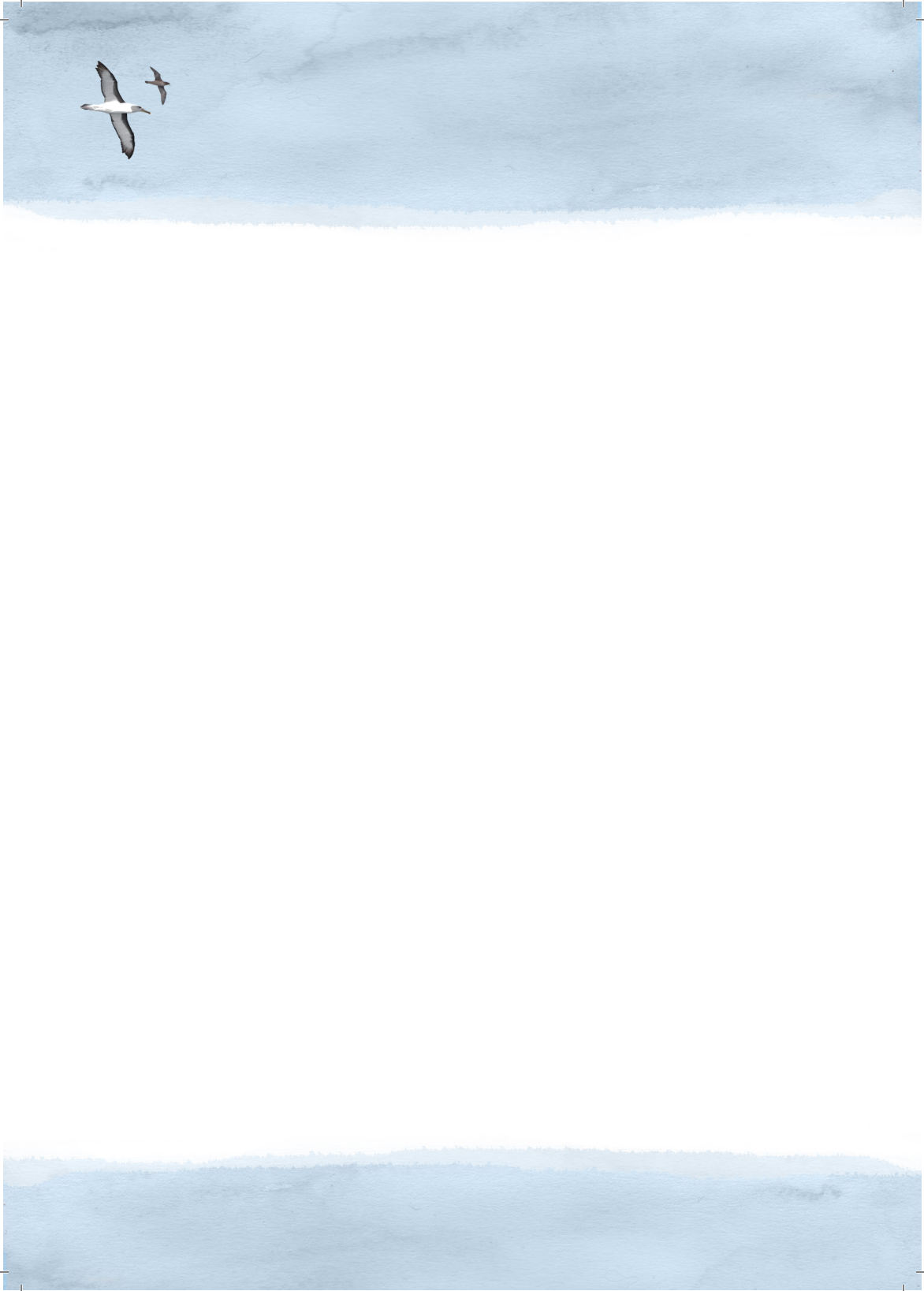
Term Reflections

How has this term gone for you? Use these pages to record any thoughts, feelings, memorable moments, quotes, pictures, drawings from your time this term. Maybe even get your group to give you some of their own thoughts!











Weekly Reflections



Date:

Thinking points...

How was your energy today?

Did the group as a whole remember what you had taught them? Did they support one another to remember the material?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Do you feel today's session was a success? If so, what elements do you feel confident in teaching and what aspects, if any, are worrying you?

Are any of the individuals in the group communicating more with you? Is the group talkative or quiet?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Did you find any new ways of teaching or communicating today? What aspect of your session was most clear today?

What improvement in dance skills could you see today?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Do you feel you met the needs of the group today? Did you go with their energy or did you need to boost or calm them today?

Are there any individuals in the group struggling to concentrate? If so, how can you support them? If not, how are you keeping them focused?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Were you confident in your inclusive teaching today? Have you developed as an inclusive teacher with regards to language, communication and translating material for different dancers?

Are the group confident with the material, what do they need to improve on?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How did today go? Are you making good progress?

Is the group excited about the performance? Are they aware that they will be performing to their friends and family?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What did you learn from today's session?

Did anyone stand out in today's session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Are you pleased with how the material is shaping up? Is anything worrying you? What do you need to do for next week's session?

Have the group bonded, did you notice any moments of this in the session?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What aspects of today's session did you enjoy?

What aspects of the session do you think the group enjoyed?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

After today's session how are you feeling about the performance? What needs to be achieved in the last few sessions?

Has the group remembered the material? Has anyone surprised you with their ability to remember skills and movement?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Are the group developing their own imagery for the choreography? Have you created your own codewords for remembering each section?

What changes do you notice in the group, big or small?

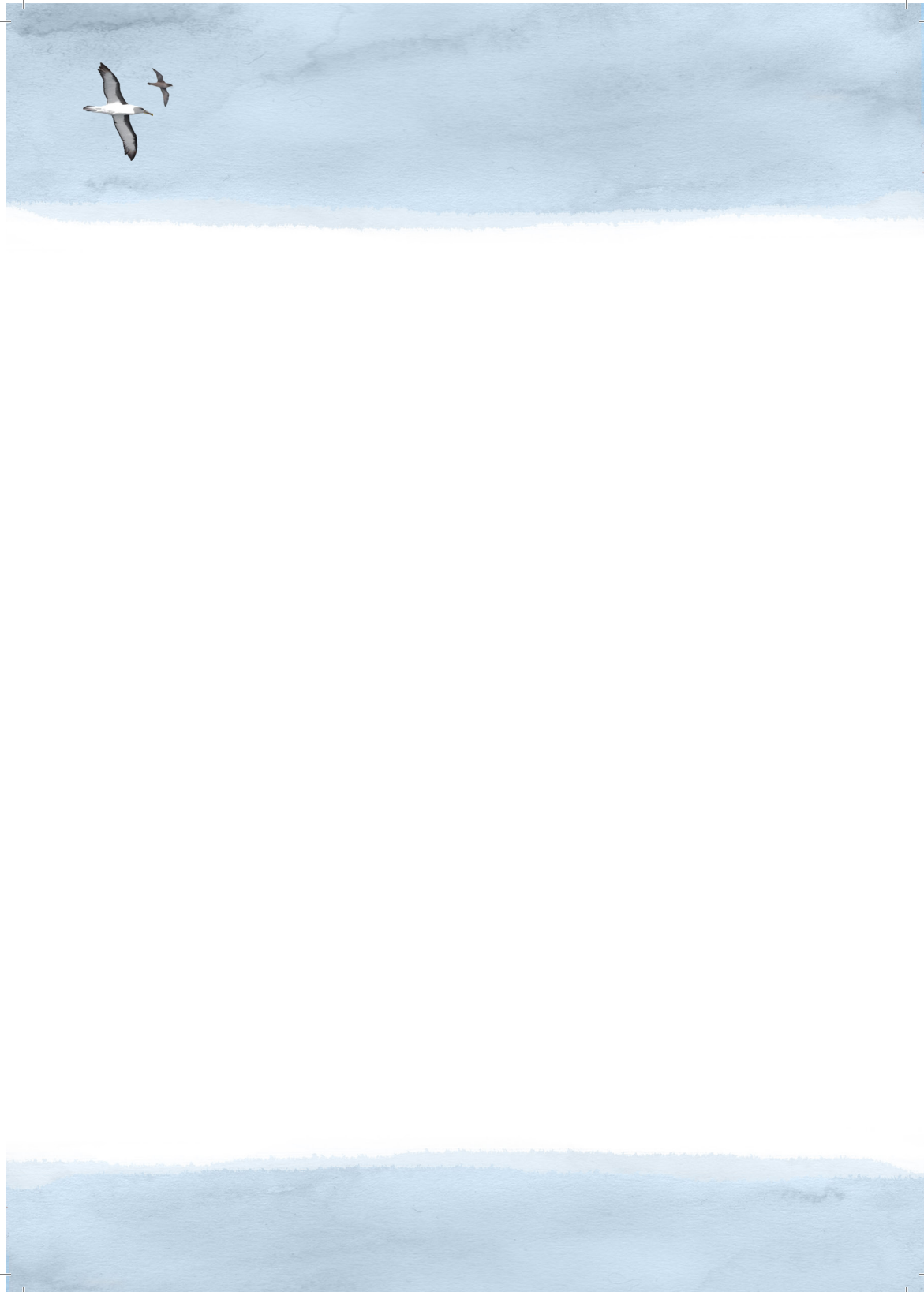
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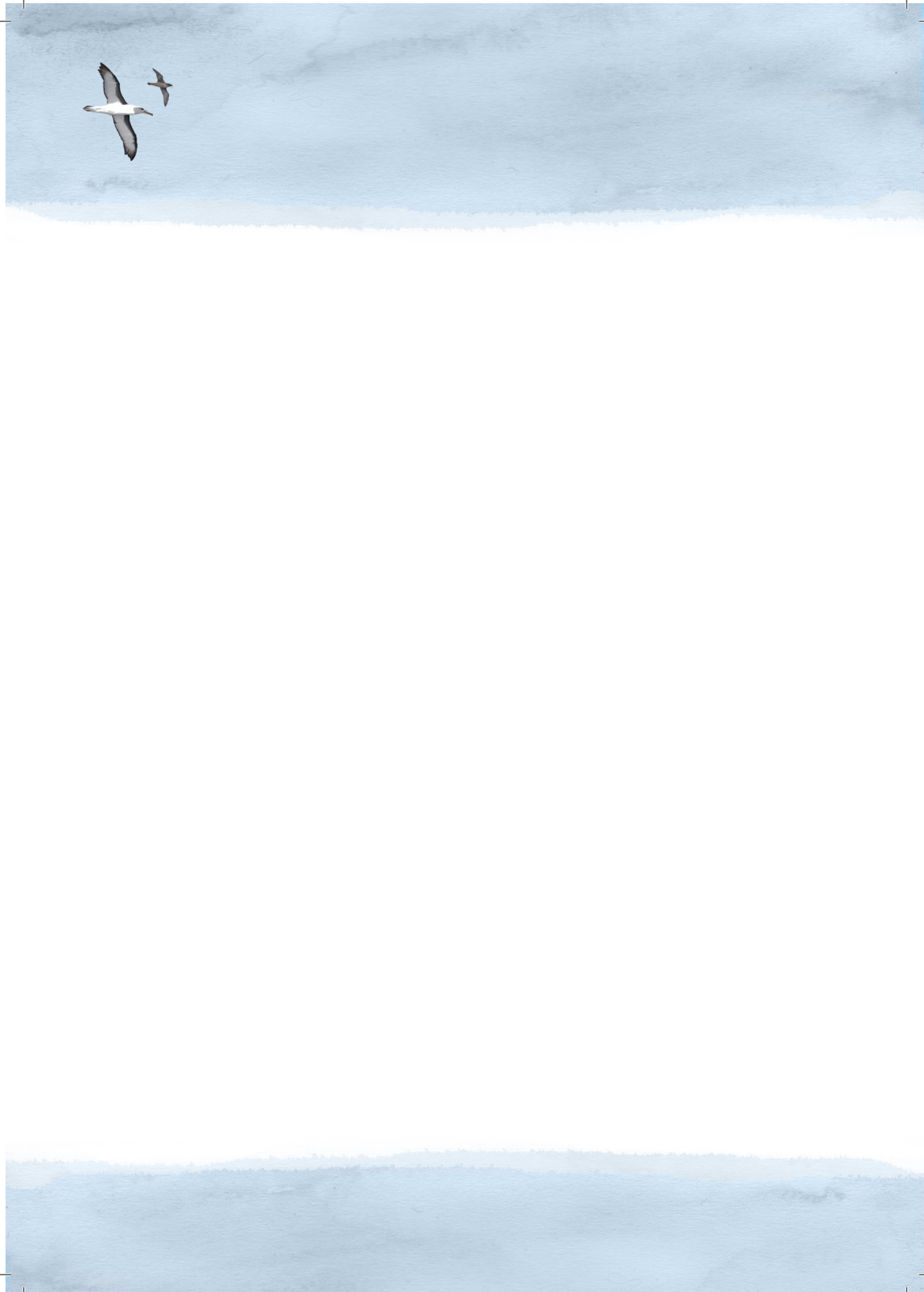
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Weekly Reflections



Date:

Thinking points...

How did today's session go?

Did the group get on well today?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Have you tried anything new today or are you enjoying the familiarity of knowing what the group needs and having a set order to the session?

Did you see a development in anyone's ability to follow instruction or take on corrections/feedback today?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

Did you need to plan for today's session? If so, why? If not, why?

How was the group's energy today?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

What elements of today's session did you feel you taught well?

What aspects of today's session did the group do well today?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How did you feel before today's session and how do you feel now it is finished?

Are the group getting excited by costumes, props and the impending performance?

Thoughts for the week...



Weekly Reflections



Date:

Thinking points...

How are you feeling about the performance?

What do you feel has most developed in your teaching?

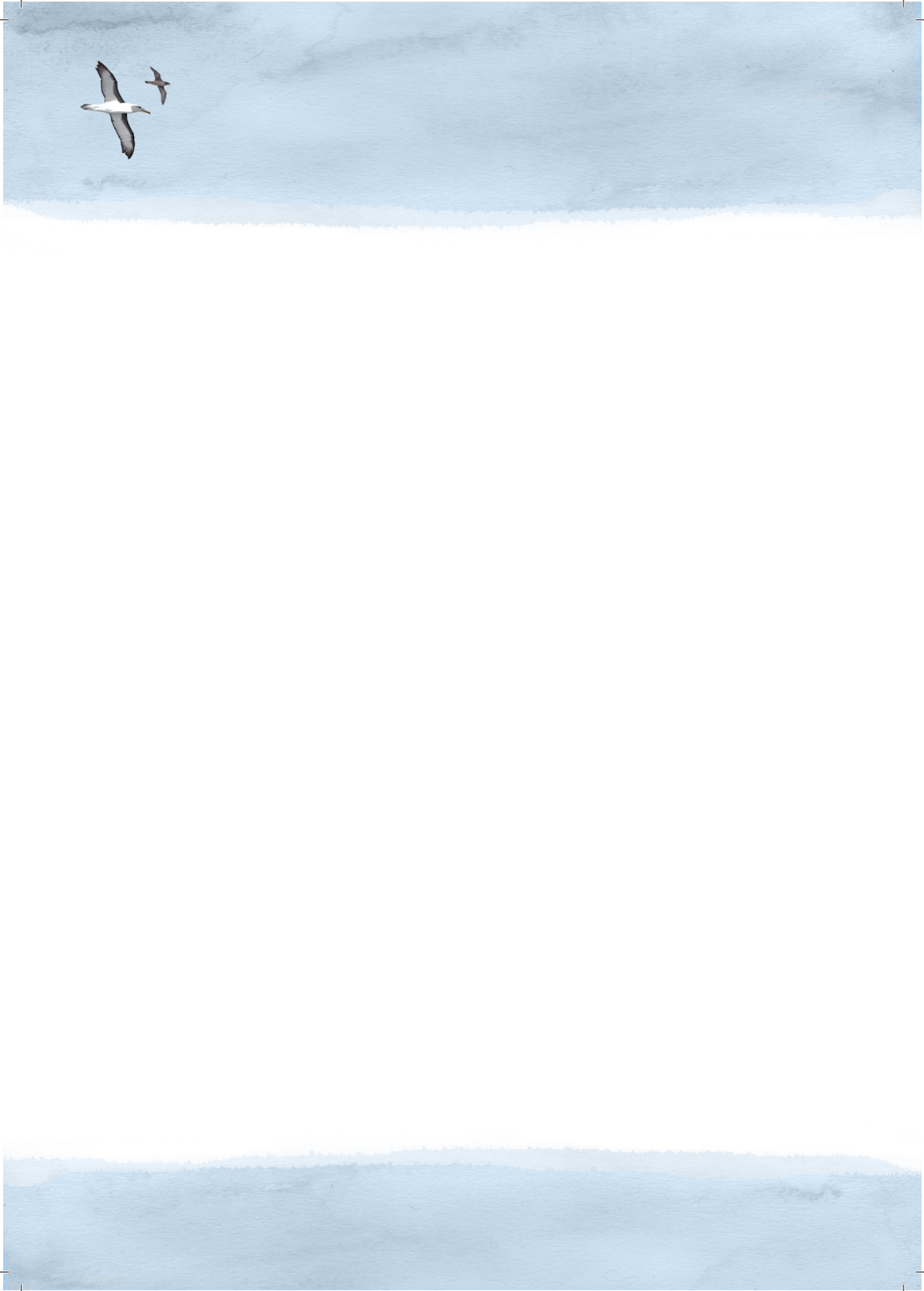
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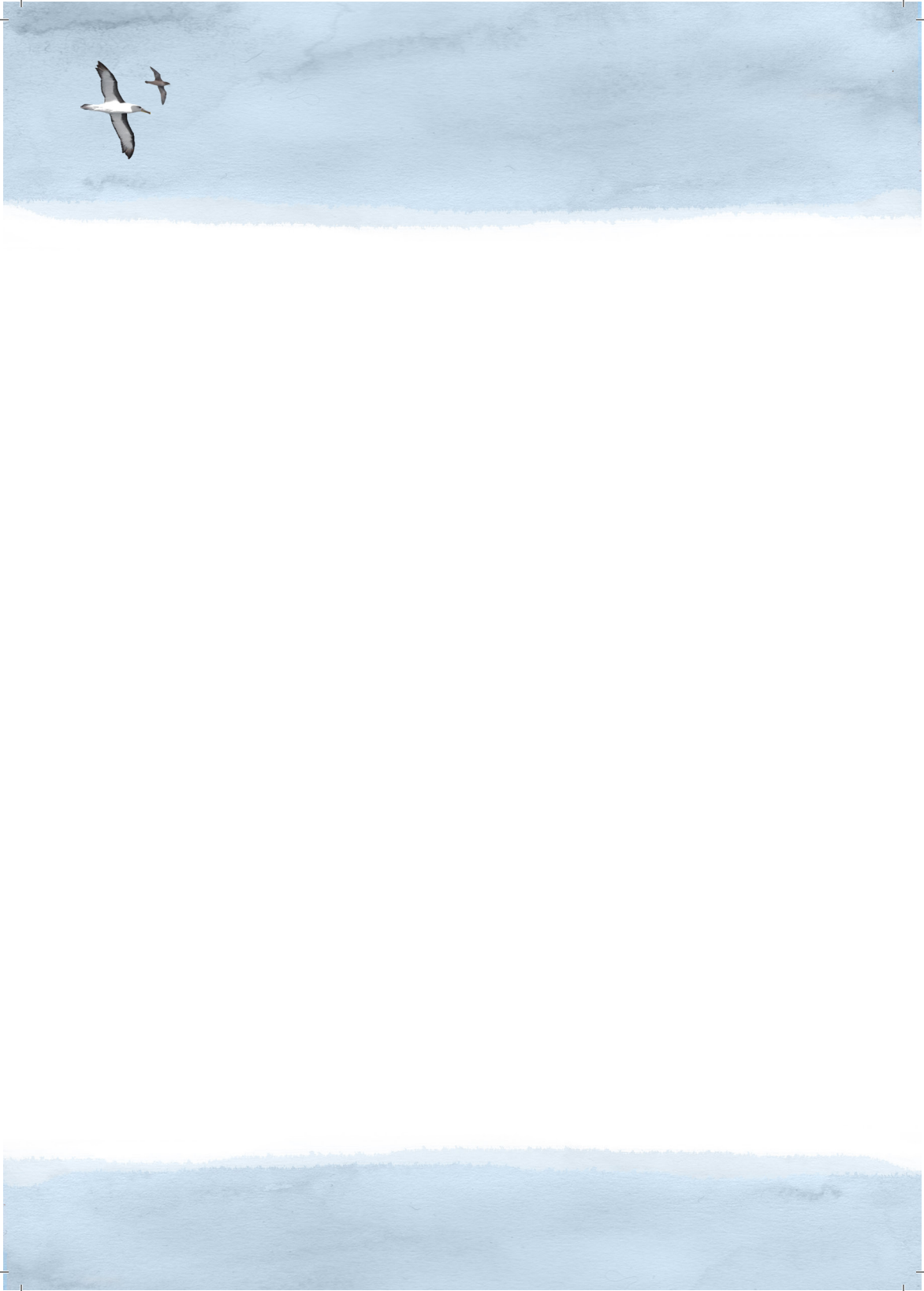
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Created by Lily Norton

