

CUEING WORKSHEET *Write cues in each column, focusing on the goal for each set.*

SONG NAME:

COMBO 1	SET 1: EDUCATE / LEARN	SET 2: MOTIVATE / IMPROVE	SET 3: CONNECT / PLAY

COMBO 2	SET 1: EDUCATE / LEARN	SET 2: MOTIVATE / IMPROVE	SET 3: CONNECT / PLAY

COMBO 3	SET 1: EDUCATE / LEARN	SET 2: MOTIVATE / IMPROVE	SET 3: CONNECT / PLAY

COMBO 4	SET 1: EDUCATE / LEARN	SET 2: MOTIVATE / IMPROVE	SET 3: CONNECT / PLAY

COMBO 5	SET 1: EDUCATE / LEARN	SET 2: MOTIVATE / IMPROVE	SET 3: CONNECT / PLAY

COMMON SCENARIOS

Below are some common scenarios an instructor might encounter while teaching. Fill in some possible phrases you could use to help motivate and connect with your students. As you select cues, keep the goal of inclusivity, connection, no judgement and celebration at the top of your mind.

STUDENTS ARE CHOOSING TO NOT LIFT THEIR ARMS OVERHEAD

--

STUDENTS ARE OMITTING LUNGES OR SEEM WEAK OR UNSTABLE

--

STUDENTS LACK FULL RANGE OF MOTION

--

STUDENTS ARE ONLY MOVING ARMS AND LEGS, LACKING TORSO MOVEMENT

--

STUDENTS ARE STRUGGLING WITH QUICK TEMPOS AND CHANGES OF DIRECTION

--

Any time you notice a student would benefit from correction, avoid focusing your attention on that specific student. Most students don't enjoy being corrected in a group setting. Many SHiNE LIGHT participants are new to fitness or coming back and may be feeling extra self-conscious.