

**STROKE:**  
**INSTRUCTOR'S NAME:**

## INTRODUCTION

What does the stroke do and why is it relevant and important for the participant to know how to do it?

## DEMONSTRATION

Draw how you will position the class to view your demonstration and what will be the path of your boat (if any) during the demonstration.

## EXPLANATION

What are the key points requiring description and what will you say about each point (there may be less or more than four).

1.

2.

3.

4.

## PROGRESSION

Will you teach the whole stroke at once or parts before combining into the complete skill? If you will teach parts first, please outline the progression you will employ. You may need to use more than one stroke sheet per stroke if you are teaching parts then whole.

## ANALYSIS

What are the common errors with this stroke and how will you correct these errors (this can be done by verbal reinforcement, imagery, metaphors, games, drills, etc.).

1

2

3

## SUMMATION

What are the key points of this stroke you want to reinforce to the participants? How will you check for understanding? Is there a potential call to action or something the students could do in the future to improve on there own?