

# RYA Instructors Course Running a Practical Session

## The questions:

*Where are we going?  
What are we going to do when we get there?  
Have we got a map?*

## So:

- \* Give a good briefing so that there can be no doubt as to what everybody is doing.
- Explain why we are doing the exercise.
- Explain the criteria for success" - i.e. how do we know when we have achieved the goals set.
- Question the students to make sure that they know what is expected of them.

## During the session:

Ask yourself the following questions:

- Is the session fulfilling aims and objectives?
- Are the students learning in a safe manner?
- Are the students having fun?
- Has the brief been followed? (If not, was it successful?)
- Are you maintaining group control?

## After the session:

- Give a thorough debrief, always making sure that the students have plenty of input.
- Give them plenty of praise and then set new goals for the next session.

## Running a practical session re-cap:

- \*Explanation
- \*Demonstration
- \*Imitation
- \*Practise
- \* Test

Brief

Monitor

Debrief

## Feedback:

- Feedback must be accurate and justified and above all encouraging.
- Always offer Feedback on the whole session rather than just on negative issues, or on things that did not go to plan.
- Remember that a failure is only a success waiting to happen!

It is very important not just to praise students but also fellow instructors and, of course, helpers.

*Remember:* Praise - Feedback - Praise