



Water Safety Instructor Self-Assessment

Evaluation of the lesson plan and the participants' performance is an important step, both for the participants' success and your improvement as an instructor.

Directions: To evaluate your lessons, ask yourself these questions immediately after the lesson. The answers to these questions will help you improve the next lesson plan. Analyze all parts of the lesson plan and comment on what changes would have made it more successful.

[Clear Form](#)

	Yes or No	Comments
1. Did I have a written block plan and lesson plan?		
2. Did I follow my plan? If not, why not?		
3. Did I modify my plan to meet the individual characteristics of each participant?		
4. Did each participant spend the majority of time in the water, active, engaged and learning throughout the lesson?		
5. Did each participant have enough time to practice?		
6. Did I choose the right activities for each learner, or were the drills too difficult, too easy or too time consuming?		
7. Did I use my teaching area effectively?		
8. Did I use my co-instructor or aide effectively?		
9. Did I make practice time fun by incorporating creative activities?		
10. Did I use a variety of methods for practicing the same skill or skill sequence?		
11. Were my key words or phrases appropriate and effective?		

	Yes or No	Comments
12. Did I allow enough time for feedback to the group, as well as individual participants?		
13. Did I allow enough time for transitions from one activity to the next?		
14. Did I include a variety of skills in the plan so each participant had some success and was still challenged?		
15. Did each participant improve? How do I know? What did I observe?		
16. What steps could I take to improve my plan?		