

LES MILLS SPRINT GRADE REVIEW DEVELOPMENT FORM

Coach Name	Assessor Name	Release	Tracks
(Insert Instructor name here)	(Leave blank if not relevant)	(Insert submission release number if relevant)	(Insert tracks reviewed if relevant)
Previous Level	Review Grades Awarded: (insert program name)		Reviewed Level*
(Insert Previous Level if applicable)	Key Skills	Previous Grade (If applicable)	Review Grade
	Workout Plan	Grade	(Insert Grade)
	Technique	Grade	(Insert Grade)
	Coaching	Grade	(Insert Grade)
	Connection	Grade	(Insert Grade)
	Performance	Grade	(Insert Grade)
			(Insert revised Reviewed Level)

*The Reviewed Level is recalculated based on higher grade(s) awarded for post Advanced Training Review or submission for Grade Review. If higher grade(s) are not awarded the Reviewed Level will remain the same as the Previous Level. A lower Level than the Previous Level cannot be awarded for an active instructor. For Levels 7-10, all Key Elements are reviewed with every submission, and all contribute to the Reviewed Level.

STRENGTHS, GOALS & DEVELOPMENT PLAN

Les Mills Qualifications is a strengths-based development system. Please see below for your strength/s and ensure to write down your goals and your development plan to outline your next steps based on the coaching and feedback provided in the sections below. To help you with your development plan, you can refer to the Instructor Handbook and/or Advanced Training Personal Journal and ask yourself these questions: What do you need to do to reach your Goal(s)? How will reaching your Goal(s) impact your teaching?

Strength(s)

5 KEY SKILLS GRADES

Each Key Skill is awarded a specific Grade reflecting competency in the Skills and Criteria listed. N/A indicates Skills and Criteria **Not Applied** and further work is required to achieve Grade 1 competency. Each Grade's Skills and Criteria are linked; a Grade 2 cannot be awarded unless competency in the Skills and Criteria in Grades 1 and 2 are demonstrated. This applies to Grade 3 as well where competency in Grade 1 and 2 needs to be demonstrated.

WORKOUT PLAN	Insert Grade awarded or N/A
Grade 1	
Skills: Performs the Workout Plan <u>accurately</u> : Position, Load and Tempo, based on the prescribed Training Variable, as indicated by the Workout Plan and Masterclass). Grade Review Criteria: <ul style="list-style-type: none"> • *≤ 3 significant errors across the full workout assessed for Grade Review. * A significant error is the incorrect SPRINT Position for 32+ counts. 	
Grade 2	
Skills: Performs the Workout Plan smoothly and automatically, without apparent mental energy devoted to the process Grade Review Criteria: <ul style="list-style-type: none"> • ≤ 2 significant errors across the full workout assessed for Grade Review. * A significant error is the incorrect SPRINT Position for 32+ counts. 	
Comments	

TECHNIQUE	Insert Grade awarded or N/A
Grade 1	
Skills: Demonstrates SPRINT Positions, Load and Tempo (P.L.T) at a level that provides clarity, which participants can easily understand and follow. SPRINT Positions are correct and safe as defined in Les Mills SPRINT Coach Handbook. i.e., Standing Power – hips high, chest lifted, core braced, relaxed grip, cycle in circles. Tempo aligns to the Training Variable as per Workout Plan notes.	

Criteria: <ul style="list-style-type: none"> Competency in 70% of the SPRINT P.L.T across the full workout.
Grade 2
Skills: Demonstrates SPRINT Positions at a professional level of precision and energy Criteria: <ul style="list-style-type: none"> Competency in 80% of SPRINT P.L.T across the full workout.
Grade 3
Skills: Demonstrates SPRINT positions at an inspirational level that is likely to attract participants and fill studios Criteria: <ul style="list-style-type: none"> Competency in 100% of SPRINT P.L.T across the full workout.
Comments

COACHING	Insert Grade awarded or N/A
Grade 1	
Skills: Cues Layer 1 coaching (P.L.T) for each Training Variable (includes bolded Compulsory cues), to the degree that participants can easily understand and follow, without significant risk of injury. Delivers Track Introductions, which include Track Focus and Workout Plan. Certification Criteria: <ul style="list-style-type: none"> Competency in ~70% of the skills and criteria in ~70% of the full workout. 	
Grade 2	
Skills: Demonstrates and delivers professional level technical and motivational instruction using a blend of Layer 1, 2 & 3 Cues, which improves participants' performance, understanding and motivation. Criteria: <ul style="list-style-type: none"> Competency in ~70% of the skills and criteria (as outlined in the 5 Key Skills and Criteria Summary) in the full workout. (Including ~70% of Grade 1 skills/criteria). 	
Grade 3	
Skills: Demonstrates masterful coaching, ability to 'look, see and respond' and powerful imagery using Layer 1, 2 & 3 Cues that are likely to attract participants and fill classes because people are inspired and enriched by their expertise. Criteria: <ul style="list-style-type: none"> Competency in ~80% of the skills and criteria (as outlined in the 5 KE's Skills and Criteria Summary) in the full workout. (Including Grade 1 and Grade 2 skills/criteria). 	
Comments	

CONNECTION	Insert Grade awarded or N/A
Grade 1	
Skills: Appears to care about participants and genuinely want them to get results. Communicates in an authentic, sincere way. Shows respect (or at least never disrespect) for all participants and seems to be there primarily for participants rather than themselves. Criteria: <ul style="list-style-type: none"> Competency in ~70% of skills and criteria (as outlined in the 5 Key Skills and Criteria Summary) in ~70% of the full workout. 	
Grade 2	
Skills: Appears to have/create a strong bond with participants. Is relaxed and natural. Has genuine communication and eye contact with individuals during class. Does not use peoples' names in a phony way. Builds relationships. Criteria: <ul style="list-style-type: none"> Competency in ~70% of skills and criteria (as outlined in the 5 Key Skills and Criteria Summary) in ~70% of the full workout. (Including ~70% of Grade 1 skills/criteria). 	
Grade 3	
Skills: Is likely to attract participants and fill studios via mastery of Grade 1 and Grade 2 and expertise in the art of communication. Masters tend to be selfless, caring people who find great joy in helping others improve their lives. They fill studios because people love community and feeling valued. Criteria: <ul style="list-style-type: none"> Competency in ~80% of skills and criteria (as outlined in the 5 Key Skills and Criteria Summary) in the full workout. (Including Grade 1 and Grade 2 skills/criteria). 	
Comments	

PERFORMANCE	Insert Grade awarded or N/A
Grade 1	

Skills: Presents a professionally prepared class, in a style appropriate to the music and exercise genre (HIIT)/Program Essence. Criteria: <ul style="list-style-type: none"> Competency in ~70% of skills and criteria in ~70% of the full workout.
Grade 2
Skills: Creates an experience for participants via professional interpretation of music, workout plan and program essence. Criteria: <ul style="list-style-type: none"> Competency in ~70% of skills and criteria in ~70% of the full workout. (Including ~70% of Grade 1 skills/criteria).
Grade 3
Skills: Likely to attract participants and fill studios because they create powerful, inspirational experiences for their audience. Coaches with strengths in this area tend to have a background in acting, singing and other performance arts. Masters are exceptional entertainers who love being on stage and have often spent years learning to articulate emotion and develop their presence. Criteria: <ul style="list-style-type: none"> Competency in ~80% of skills and criteria in the full workout. (Including Grade 1 and Grade 2 skills/criteria).
Comments

Goals <i>(Enter the Goal(s) you would like to achieve)</i>
Development Plan <i>(Based on your Goal(s), Strength(s) and the Coaching/feedback from your Trainer/Assessor, write your plan of action below. What do you need to do to reach your Goal(s)? How will reaching your Goal(s) impact your teaching?)</i>

The key SPRINT Training Variables are listed below along with their components and skills for assessment - Position, Load, Tempo (P.L.T). A SPRINT Training Variable is competent when the key components of P.L.T. (Position, Load, Tempo) are demonstrated safely and effectively. While feedback may be given for *PEDAL Technique*, its demonstration will not affect TECHNIQUE outcome.

Tick ✓ for SPRINT Training Variable competency or leave blank if competency not achieved

SPRINT

Position: Seated, hips forward in the seat; hands in the dip or mid bar (elbows in and down); chest lifted, shoulders down, head neutral; hips, knees, ankles, toes in line; slight knee bend in 6 o'clock position

Load: Light or Light-Moderate as prescribed in the Workout Notes

Tempo: Demonstrates correct Tempo (**Sprint**) to match Workout Plan, Position and Load

Pedal: Cycles in circles; toes slightly down for Sprint

Rest: Standing/Seated

SEATED POWER

Position: Hips towards the back of the seat; hands (shoulder-width) on horizontal part of handlebars or in the dip or mid bar; chest lifted, shoulders down, head neutral; hips, knees, ankles, toes in line, knee soft in 6 o'clock position

Load: Moderate-Heavy

Tempo: Demonstrates correct Tempo (**Power**) to match Workout Plan, Position and Load

Pedal: Cycles in circles, pushing from hip to ball of foot

STANDING POWER

Position: Hips slightly forward of seat; body slightly forward; hands on the ends or on top (shoulder-width); chest lifted, shoulders back and down

Load: Moderate-Heavy

Tempo: Demonstrates correct Tempo (**Power**) to match Load

Pedal: Cycles in circles, pushing from hip to ball of foot

STANDING STRENGTH

Position: Hips hover above the tip of the seat; bodyweight moves side-to-side; hands on ends; elbows in & down; chest lifted, shoulders back & down

Load: Heavy

Tempo: Demonstrates correct Tempo (**Strength**) to match Workout Plan, Position and Load

Pedal: Cycles in circles

SEATED STRENGTH

Position: Hips to back of the seat; hands (shoulder-width) on horizontal part of handlebars or in the dip or mid bar; chest lifted, shoulders down, head neutral; hips, knees, ankles, toes in line, knee soft in 6 o'clock position

Load: Heavy

Tempo: Demonstrates correct Tempo (**Strength**) to match Workout Plan, Position and Load

<i>Pedal: Cycles in circles; heels slightly down for Strength</i>	
	REST (Feedback maybe given however REST is not assessed)
Position: Standing or Seated	
Load: Light, Moderate or Heavy depending on Training Variable prescribed in the Workout Notes	
Tempo: Slow or at a Standstill	