**PERFORMANCE LOG FOR SKILLS DEVELOPMENT**

**Learning Aim  
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| Date of workshop / rehearsal: |  |
| The focus of today’s workshop/rehearsal is: |  |
| The main skills to be focused on are: |  |

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| **Short Term Target For The Session** | Specific |  |
| Measurable |  |
| Achievable |  |
| Realistic |  |
| Time |  |

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| Lesson Objective |  |
| Explain: What you did in today’s session |  |
| Analyse | Evaluate: Why did you complete this work? **(don’t forgot the evaluation is most important)**  Attempt to include a sense of Analysis and Evaluation within this work  And  Why are these skills important to a professional practitioner in your chosen pathway? |  |
| What can / will you do now to develop this work and your own skills development?  **(Ensure you make reference to your SKILLS)** |  |
| Health and Safety Aspects  (Please tick H&S aspects involved in this session and expand … why is this a consideration? Then write about any other issues at play in this session) | |  |  |  |  | | --- | --- | --- | --- | | Correct Attire |  | Clear Work Space |  | | Hydration |  | Warm-Up / Warm Down |  | | Awareness of electrical equipment |  | Awareness of evacuation procedures |  | |
| What feedback did you receive in this session (tutor or peer)? | **It is your responsibility to actively seek feedback from your peers.** |
| Identify and describe your strengths in this workshop / rehearsal. Evaluate/analyse why these were strengths and why are these skills important to a professional practitioner in your chosen pathway? |  |
| Identify and describe your weaknesses in this workshop / rehearsal. Evaluate/analyse why these were weaknesses. |  |

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| **REVIEW OF SHORT TERM TARGET**   1. What progress have you made towards this target? 2. How do you know this? 3. ACTIONS: What do you need to do next to ensure you make further improvements? |  |