**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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| --- | --- |
| **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?
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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 workAndWhy 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) |

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| Correct Attire  |  | Clear Work Space |  |
| Hydration |  | Warm-Up / Warm Down |  |
| Awareness of electrical equipment |  | Awareness of evacuation procedures |  |

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| 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. Target – explain what you target is and how you will achieve it |  |