

ACTIVE TEACHING

Cycle of Teaching

Briefing => Dive (Active Teaching) => Debriefing => Briefing => Dive (Active Teaching) => Debriefing =>....

1. **Anticipate and Recognise**
 - a. something is wrong
2. What is wrong - **identify**
 - a. Negative buoyancy
 - b. Positive buoyancy
 - c. Off trim
 - d. Not clipping regulator
 - e. Mask flooded
 - f. No team awareness
3. **Prioritise**
 - a. What needs to change to be more comfortable/successful at the moment
4. **Can** I fix it now? **Should** I fix it now? Is it **relevant**?
 - a. How?
5. **How** do I communicate the solution effectively?
 - a. Slow, precise;
 - b. Communicate the solution = action the student needs to take (exhale, dump, kick)
6. **Transfer ownership** to the student and **confirm progress** or keep on teaching
 - a. Allow for repeated practice

Exercise

Recognising student problems & solutions

- How to recognize negative buoy
- How to recognize positive buoy
- Negative trim
- Positive trim
- How to get to neutral trim
- Body tension/position vs trim