

Classroom Management Checklist for Training of Physical Techniques in the PART® Program®

1. Safety Protocols

- ☐ Review and enforce ground rules at the start (no horseplay, must maintain professionalism).
- ☐ Establish and practice safety signals/words (e.g., "STOP," "TIME OUT").
- ☐ Ensure training space is clear of hazards and has adequate spacing/mats.
- ☐ Position yourself to see all participants at all times.
- ☐ Stop practice immediately if unsafe behaviour is observed.

2. Technique Practice Management

- ☐ Demonstrate techniques step-by-step before full speed.
- ☐ Start with simple skills, then progress to more complex.
- ☐ Pair or group participants appropriately (size, skill level, comfort).
- ☐ Rotate pairs/groups regularly to prevent fatigue, and build confidence.
- ☐ Circulate constantly, observing and giving corrective coaching.
- ☐ Keep participants engaged – decrease downtime.

3. Group Dynamics

- ☐ Reinforce respect and consent for physical contact.
- ☐ Adapt practice for differences in mobility or comfort.
- ☐ Ensure equal participation from participants.
- ☐ Acknowledge and normalize discomfort/anxiety about technique practice.
- ☐ Allow reflection/debrief after each technique (how it felt, when to apply, when not to use).
- ☐ End sessions with a review and key takeaways.

Instructor Reminder: Your role is to create a safe, structured, and respectful environment where learners can practice skills with confidence and without risk.