

BeYourBest 2016

Resources List

My Sample Daily Plan

PLAN	OUTCOME	REASONS
<ol style="list-style-type: none"> 1. Go for a brief 30 minute run 2. Spend 10 minutes reading the inspirational book “_____” 3. Spend 10 minutes writing in my gratitude journal 	<p>Put myself in a state of physical and mental strength, where I can really have a fantastic day</p>	<ul style="list-style-type: none"> • To inspire my students with my positive outlook on life • To build rapport with the senior staff at school by being positive and vibrant and happy • To feel great and happy for my partner and family • To keep myself healthy so that I never miss work
<ol style="list-style-type: none"> 1. Listen to recordings of scores we are working on 2. Read through the score of the new song I started last week and make notes on what needs to be rehearsed 3. Complete the arrangement of the new song 	<p>Have an outstanding band rehearsal to prepare for an awesome concert in two weeks</p>	<ul style="list-style-type: none"> • Inspire more children to join the band program • Give students a lift in self confidence • Make some fantastic music together as a group!
<ol style="list-style-type: none"> 1. Check through year 8’s lesson on theory and print necessary resources 2. Find an inspiring video for year 9’s about composing music 3. Find a simple composition idea that we can discuss and try 4. Create assignment sheet for year 9. 	<p>Create some inspiring and fun lessons that will really inspire and motivate my students</p>	<ul style="list-style-type: none"> • I’m here to help these children grow in their love for music and their self confidence • To help the children have something to feel good about today • I’m here to build the music program in my school • I’m here to create a lasting memory in these children
<ol style="list-style-type: none"> 1. write up a page of common mistakes for this assignment 2. create assessment guideline for myself 3. mark each assignment 4. collate marks 	<p>Find a way to HAVE FUN while I assess the growth in my year ten and year twelve students</p>	<ul style="list-style-type: none"> • To see how music is helping these children in their academic growth • To identify which children in this class need more attention • To identify hidden superstar children who need more praise and encouragement • To understand how my curriculum could be better placed to serve these children.