



PRACTICE TEACHING BENCHMARKS FOR 9- mos. P-FIT 2023

The following is a list of the **least amount** of practice teaching hours that you should have logged in and emailed to pfit@pietrafitness.com on the Thursday before our Saturday Session. Doing more is always beneficial, and you will see a huge difference in your confidence and skills the more hours you log.

| Session Dates 2023 | Modules | Hours |
|--------------------|---|-----------|
| January 14 | <i>Before we meet, practice teach pose exposures for Modules 1 & 2 using the wording and cues given in your manual .</i> | 1.0 |
| February 11 | <i>Before we meet, practice teach pose exposures for Modules 3 & 4 and breathing using the wording and cues given in your manual.</i> | 1 |
| March 11 | <i>Before we meet, practice teach pose exposures for Module 5 using the wording and cues given in your manual. Also, practice teach first half of Gentle St. Peter using the study aid in the portal. Start with just parts of the class and work up to more.</i> | 2 |
| April 15 | <i>Before we meet, practice teach second half of Gentle St. Peter using the study aid in the portal. Start with parts of the class and work up to more.</i> | 2 |
| May 27 | <i>Before we meet, practice teach postures in Module 7 as you study for the Posture Conference. Also, continue to practice teach breathing and all or parts of classes.</i> | 3 |
| June 24 | <i>Before we meet, practice teach postures in Module 8 as you study for the Posture Conference. Also, continue to practice teach breathing and all or parts of classes.</i> | 3 |
| July 29 | <i>Before we meet, practice teach postures in Module 9 as you study for the Posture Conference. Also, continue to practice teach breathing and all or parts of classes.</i> | 3 |
| August 19 | <i>Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.</i> | 3 |
| September 16 | <i>Before we meet, practice teach any of the classes using the routine sheets in the p-fit portal.</i> | 2 |
| TOTAL HOURS | | 20 |