**Record of reflective account**

Unit 02 Instructing circuit training sessions (J/617/4018)

LO4, 4.3 Evaluate the session and reflect on own performance

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 2 Award in Instructing Circuit Training (603/3934/2) | **Learner name** |  |
| **Date & time of activity** |  | **Assessor name** |  |

|  |  |
| --- | --- |
| Record of the activity being reflected on. Please include:* people involved
* what you did
* what you thought went well
* what you could improve on.
 | Assessment criteria met |
|  |  |
| **Assessor feedback to learner** |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessor Signature** |  | **Date** |  |
| **Learner Signature** |  | **Date** |  |

4.4 Plan improvements for personal performance and future sessions

|  |  |
| --- | --- |
|  | Assessment criteria met |
|  |  |
| **Assessor feedback to learner** |
|  |

### Contact us

NCFE

Q6

Quorum Park

Benton Lane

Newcastle upon Tyne

NE12 8BT

Tel: 0191 239 8000\*

Fax: 0191 239 8001

Email: customersupport@ncfe.org.uk

Websites: [www.ncfe.org.uk](http://www.ncfe.org.uk)

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