

Type of Cue	Definition
What	Demonstration - the instructor can perform the exercise so the participants can see what they are going to do. The instructor can also just verbally cue a familiar exercise.
Where	Hand signal – the instructor may point in the direction or use a specific hand signal to indicate the direction the exercise is to be performed. Can also verbally cue direction.
When	Hand Signal – the instructor can use their fingers to countdown – or verbally cue in.
How	Demonstration - the instructor can demonstrate the correct execution of an exercise, pointing out the specific area they want to draw the participants' attention to. Then give TPs
Praise	Facial expression - eye contact is one of the most important non-verbal cues an instructor can use. Thumbs up and smiles are great. This will motivate your group.

There is quite a lot of information for the instructor to pass on to participants. The order in which cues are normally given is -

WHAT > WHERE > WHEN > HOW

- Use both verbal and non-verbal cues
- There is no need to count down every exercise
- Use your music and its phrasing to countdown for you
- Use consistent terminology for your exercises, moves, combinations and cues.
- Be direct and to the point
- Timing is essential
- Be audible at all times
- Practice

CONSIDER WHETHER TO USE **PREVIEW** OR **DEMONSTRATION**