

My exercise video checklist!

What needs to be included?	Have you done it? Yes or No?
I have introduced the video saying what exercise I am going to	
I have said why exercise is important	
I have given clear instructions when demonstrating the exercises	
I have demonstrated each exercise with confidence	
I have said which parts of the body each exercise works on	
Throughout the video I am speaking clearly, loudly and confidently	
The camera angle shows each exercise clearly	

What is good about your exercise video?

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What could you do to improve your video?

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