



Requirements for the SpinPoi Instructor Certification: Self-Directed Path

To follow is the process and requirements for becoming a Certified SpinPoi Instructor through the self-directed path. “Self-directed” means you will be completing the process in your own time using the online course study materials. Please read all of the instructions carefully before applying. If you have any questions, please contact Dr. Kate Riegle van West at kate@spinpoi.com.

In order to become certified, you must complete the following components:

1. Written Exam
2. Poi Proficiency Exam
3. Routine to Music
4. Lesson Plans
5. Teaching Practicum
6. Police Check
7. Letter of Recommendation

1. Written Exam

The written exam is administered online. It includes multiple choice questions about the history of poi, the health benefits of poi, safety and best practices for facilitating a poi session, warm up and cool down exercises, poi movements, and the Code of Conduct for Certified SpinPoi Instructors.

Upon completion of the exam, you will immediately see your results, including which questions you got right and wrong. You must score 100% on the exam to pass. You may take the exam as many times as you like.

2. Poi Proficiency Exam

The poi proficiency exam requires you to demonstrate mastery of different poi movements. This will be submitted in the form of a video which you can upload online using a platform of your choice (wetransfer, youtube, vimeo, dropbox, etc.). In your video, you should:

- Say the name of the poi movement out loud before you demonstrate it. For example, before you demonstrate a forward figure 8 with your right hand, say “Forward figure 8, right hand.”
- Be fully and clearly visible in the video frame, including your arms and your poi when extended. This means you will need a relatively wide shot. You are allowed to look at the list of movements during the video, to help keep track of where you are and ensure you do not miss any movements.

The movements you must demonstrate are:

Fundamentals of plane, timing, and direction

1. Side/Wheel Plane
 - Together time, same direction (forward and backwards)
 - Split time, same direction (forward and backwards)
 - Together time, opposite direction (right forward left back, left forward right back)
 - Split time, opposite direction (right forward left back, left forward right back)
2. Front/Wall Plane:
 - Together time, same direction (right and left)
 - Split time, same direction (right and left)
 - Together time, opposite direction (inwards and outwards)
 - Split time, opposite direction (inwards and outwards)
3. Horizontal Plane:
 - Together time, same direction (right and left)
 - Split time, same direction (right and left)
 - Together time, opposite direction (inwards and outwards)
 - Split time, opposite direction (inwards and outwards)

Figure 8

1. Forward and backward with just right hand
2. Forward and backward with just left hand
3. Forward and backward with both hands, together time
4. Forward with both hands, split time

Butterfly

1. Both poi going inward
2. Both poi going outward

Flower

1. Side/wheel plane, circle one arm forward and poi forward
2. Side/wheel plane, circle one arm backward and poi backward
3. Side/wheel plane, circle one arm forward and poi backward (antispin).
Demonstrate one arm at a time.

Chasing the Sun/Reel Turns

1. Same time, full turn to the left
2. Same time, full turn to the right

Pendulum variations

1. Wheel/side plane, poi swinging opposite with arms extended
2. Swing right in a pendulum while spinning the left hand (any plane/timing)
3. Swing left in a pendulum while spinning the right hand (any plane/timing)

Corkscrew

1. Just the right hand (either direction)
2. Just the left hand (either direction)
3. Both hands (either direction)

3. Routine to Music

Create and film a poi routine to music that is appropriate for the population of your choice (children, older adults, dementia, etc). This will be submitted in the form of a video which you can upload online using a platform of your choice (wetransfer, youtube, vimeo, dropbox, etc.). Your routine should:

- Be at least 2 minutes long
- Be set to music, with the poi movements at least roughly correlating to the beat or to different sections of the song
- Incorporate a minimum of 3 different poi movements or variations of movements (i.e. if you are spinning one poi forward, a variation would be to raise your arm high while you spin, or to extend your leg while you spin)

- Be an appropriate difficulty level for the clients you intend to work with

A video recording of your routine will be shared with the other SpinPoi Certified Instructors as part of a learning resource database.

4. Lesson Plans

Write a set of lesson plans appropriate for the population you plan to work with. You can find example lesson plans for older adults in the back of the Poi for Seniors .pdf guide, and example lesson activities for kids in the back of the Early Childhood Education guide.

- Your lesson plans should include 4 poi sessions. Each poi session should be 20 minutes minimum.
 - Each poi session should include any warm up exercises, specific poi movements, poi routines, and cool down exercises. While some content may stay the same throughout the 4 sessions, there should also be new content introduced throughout to keep things fresh and keep participants challenged.
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5. Teaching Practicum

Video record a minimum of 30 minutes of teaching. This can be done in as many sessions as needed. You will be assessed on the following elements:

- Communicates the importance of poi as a Maori taonga (treasure), including opening with a karakia
- Communicates how to play poi safely
- Leads appropriate warm-up exercises
- Identifies objectives/specific poi movements to be learned
- Fully explains and demonstrates how to do at least one seed movement effectively

- Maximizes student engagement by using different teaching techniques/methods
- Adjusts the pace of the class accordingly
- Checks for understanding and provides corrective feedback when appropriate
- Leads appropriate cool-down exercises
- Covers content that is appropriate for the intended audience
- Fosters a positive, fun, and inclusive atmosphere

You are free to teach in your native language. The video will be private and never shared publicly.

6. Police Check

Provide proof of a government issued police check that is not more than three years old. Results of the police check must be obtained in the format of a certificate or report and detail your full name, date of birth, date of issue, and a reference number or similar. If you have a conviction for murder, sexual assault, or conviction of (and sentence to imprisonment for) any other form of assault, you will not be eligible for certification. Any other convictions highlighted by the police check will be assessed on a case-by-case basis.

7. Letter of Recommendation

A minimum of one letter of recommendation from a current or former colleague is required. The recommender should include the following in their letter:

- Name of organization
- Job title/role
- Relationship/connection to candidate
- Description of the work the candidate was/is doing
- Specific information about the candidate's personal characteristics and skillsets that might be relevant to SpinPoi (e.g. their work ethic, ability to teach or work with others, personality, etc.)

- If/why you think the candidate would make a good SpinPoi certified instructor
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How to Begin

1. Purchase your application

To begin your application, purchase the [Self-Directed Application](#) from the SpinPoi Shop. This will give you access to:

- ✓ The Course Portal including the Written Exam
- ✓ The Course Presentation Video which covers the history of poi, the research on poi and wellbeing, and session facilitation and pedagogy. The video is comprised of a series of slides narrated by Dr. Kate Riegle van West.
- ✓ The SpinPoi Beginner Pack which includes in depth video tutorials on poi fundamentals and seed movements. These video cover all of the movements you are required to master for the poi proficiency exam.

2. Purchase your study materials

In addition, you must purchase either the Early Childhood Education Pack if you are planning to work with young learners, or the Senior Pack if you are planning to work with older adults.

3. Complete all components

Once all components have been turned in, your application is complete and will be reviewed. The review process will take 1-2 weeks, and you will receive an email with the final outcome. If there are any problems with your application, you will be advised on how to address them, and invited to reapply.