




SpinPoi Certification Course Workbook



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Coursework Checklist

 Item
<input type="checkbox"/> Police Check
<input type="checkbox"/> Letter of Recommendation
<input type="checkbox"/> Poi Proficiency Practicum
<input type="checkbox"/> Written Exam
<input type="checkbox"/> Routine to Music
<input type="checkbox"/> Lesson Plans
<input type="checkbox"/> Teaching Practicum

Turning in Your Coursework

Your coursework will require you to turn in some digital files/documents. For larger files, such as videos, feel free to use a file transfer service of your choice such as Google Drive, WeTransfer, or DropBox. Alternatively, you can upload the video to a website such as Vimeo or YouTube and turn in the link. If you need assistance with this step please let Kate know. **Please send all files/links to file to kate@spinpoi.com**

Police Check

Provide proof of a government issued police check or criminal record check that is not more than three years old. Results 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.

For those in New Zealand, you can [request a free Criminal Record Check](#) from the Ministry of Justice.

Letter of Rec

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

Poi Proficiency Practicum



Fundamentals



Seed Moves

Supporting
Resources

Video record yourself demonstrating the following movements.

Right/Left Side Plane: Timing and Direction

- 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)

Front Plane: Timing and Direction

- 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)

Floor/Ceiling Plane: Timing and Direction

- 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

- Forward and backward with just right hand
- Forward and backward with just left hand
- Forward and backward with both hands, together time
- Forward with both hands, split time

Pendulum

- Wheel plane, poi swinging opposite with arms extended
- Swing right hand in a pendulum while spinning left hand (any plane/timing)
- Swing left hand in a pendulum while spinning right hand (any plane/timing)

Butterfly

- Both poi going inward
- Both poi going outward

Flower

- Any plane, circle arm forward and poi forward
- Any plane, circle arm backward and poi backward
- Any plane, anti spin (arm forward poi backward, or arm backward poi forward.
Demonstrate with right arm, then left arm)

Catch

- Wall plane, palm down
- Wall plane, palm up

Chasing the Sun

- Same time, full turn to the left
- Same time, full turn to the right

Corkscrew

- Horizontal plane, right hand
- Horizontal plane, left hand

Written Exam



Access the Written Exam

The written exam is an online assessment that you will complete in your own time outside of class. You must score 100% to pass the written exam. The exam is open book, and you may take the exam as many times as needed. Please note there may be more than one right answer per question, so please tick all the boxes that apply. The exam will take approximately 30 minutes.

Routine to Music



Seniors



Kids

Supporting
Resources

Create and video record yourself demonstrating one poi routine to music for the population of your choice. The 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

This video of your routine will be part of a database of other routine videos from Certified Spin-Poi Instructors, which you will have access to once you complete your certification. You do not need to show any students in this video, it can just be you (or you can show students if you wish).

Lesson Plans



Seniors



Kids

Kids

Example 1

Example 2

Adults

Example 1

Example 2

Seniors

Example 1

Example 2

Supporting Resources

At the end of each guide are either example lesson plans or activity pages that you can include in your own lessons. In addition, you can see sample lesson plans from other Certified SpinPoi Instructors by clicking the example buttons.

The following page also has a lesson plan template, which you are free to use directly as is, or to use as inspiration to create your own.

Write a set of 4 lesson plans for teaching poi to the population of your choice.

- 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.
- Your 4 lessons can be for one group who you will teach 4 times, or, you can write lesson plans for different groups who you might teach once or twice.



SpinPoi Lesson Plan Template

Download word doc version



Duration _____ Class size _____ Class type _____ Lesson # _____
(e.g. beginner pre-school)

Summary of lesson outcomes/intentions:

TIME	ACTIVITY	DETAILS
	Welcome/karakia/ introduction	
	Warm up	
	Structured/free play	

TIME	ACTIVITY	DETAILS
	Structured/free play	
	Routine to music	
	Cool down and closing	

Additional notes:

Teaching

Teaching Practicum Examples

Kids

Adults

Seniors

Supporting
Resources

Video record yourself teaching a 30 minute class to a population of your choice. You will be assessed on the following elements:

- Communicates the importance of poi as a Maori taonga, 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 one seed movement effectively
- Maximizes student engagement by using different teaching techniques/methods
- Checks for understand 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

This video will not be shared or shown publicly outside of the SpinPoi assessors. You are free to teaching in your native language.

Your Support Team

In addition to having Dr. Kate by your side (kate@spinpoi.com) the SpinPoi Lead Instructor Team is here to support you. Please get in touch with them if you need help at any point in the certification process: Kay, Jocelyn, and Jamie-Leigh are available for one-on-one sessions and Deb holds a weekly SpinPoi class on Zoom which you can request to attend.



Kay Spinner

Poi Movement Trainer

Kay is a Circus School Object Manipulation Coach, lifelong poi spinner, and poi performer. Her LIT role is to assist students in learning the poi movements, ensuring they have the confidence and practical skills in their poi proficiency.

spinnerkay0@gmail.com



Jocelyn Watkin

Coursework Counselor

Jocelyn is a qualified instructor for mind/body flow arts of SpinPoi, qigong and tai chi with specialist skills in teaching people who are blind/have low vision. Her LIT role is to assist students in putting their coursework together, advise on the kaupapa/guiding principles of teaching, and how to advertise and promote their classes

kiaorataichi@gmail.com



Deb Gully

Live Lesson Demonstrator

Deb is a Nutrition Coach and Certified Natural Health Practitioner in Energy Kinesiology specializing in chronic health issues. Her LIT role is to support students in understanding the different components of leading a live SpinPoi class including choreographing routines to music.

deb.gully@gmail.com



Jamie-Leigh Timoti

Kaitohutohu Māori

Jamie (Ngai Tai) is neurodivergent and supports the disability community in Aotearoa. Founder of Tou Tirairaka, she is passionate about Te Ao Māori and the sensory experience it offers. Her LIT role is to assist students who have questions about working with poi in a culturally responsive and sensitive way.

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