

3

Known
Information

exercise
expert in field
motivator
can
demonstrate
healthy/fit
enthusiastic
measure
progress
cost \$
variety of
equipment
ways to use
equipment

Unit: _____

Anchoring Table

Name: _____ Date: _____

2 Known Concept		1 New Concept
Personal Trainer		SIM Coach
4 Characteristics of Known Concept	6 Characteristics Shared	5 Characteristics of New Concept
enthusiastic →	← motivating	positive
variety of techniques & ways to use equipment →	← personalized	a la carte (choices)
expert in exercise →	← expertise	expert in SIM
shows examples →	← demonstrator	lesson demonstrations
measure progress →	← accountability	growth and renaissance
never too late to start →	← trust	non-judgemental
healthy and fit →	← example	high implementer

7 Understanding of the New Concept

A SIM coach is like a personal trainer because both are motivating, personalized to meet your needs, have expertise, demonstrators, help with accountability, trustworthy, and set an example.

ANCHORS
Linking Steps:

1. Announce
the New Concept

2. Name
Known Concept

3. Collect
Known Information

4. Highlight
Characteristics
of Known Concept

5. Observe
Characteristics
of New Concept

6. Reveal
Characteristics
Shared

7. State
Understanding of
New Concept