



Alexis Adapts Martial Arts Instructor Observation Form

Parent Request for Feedback

Thank you for investing in my child through martial arts. Your observations help me better understand how my child learns, follows instruction, manages emotions, demonstrates self-control, and responds to challenges in a structured environment. I may share this information with my child's educational team to help develop meaningful supports through a 504 Plan or IEP. Please check the items you observed and add comments where helpful.

Student: _____ School/Dojo: _____

Instructor: _____ Dates: _____

Participation & Effort

☐	Excited to attend class
☐	Participated willingly
☐	Tried challenging skills
☐	Stayed engaged
☐	Worked hard
☐	Needed encouragement
☐	Persevered through difficulty

Comments:

Following Instruction

☐	Followed directions independently
☐	Learned through demonstration
☐	Needed verbal reminders
☐	Responded well to visual modeling
☐	Needed one step at a time
☐	Completed drills independently

Comments:

Focus & Self-Control

■	Maintained attention
■	Waited appropriately
■	Showed self-control
■	Stayed with the group
■	Needed redirection
■	Handled corrections respectfully

Comments:

Respect & Social Skills

■	Showed respect to instructors
■	Worked well with partners
■	Encouraged others
■	Accepted feedback
■	Needed reminders with peers
■	Demonstrated good sportsmanship

Comments:

Emotional Regulation

■	Managed frustration
■	Recovered after mistakes
■	Asked for help
■	Needed reassurance
■	Benefited from breaks
■	No concerns observed

Comments:

Sensory & Environment

■	Noise was challenging
■	Busy environment was challenging
■	Movement improved regulation
■	Transitions were difficult

☒	Quiet breaks helped
☒	No sensory concerns observed

Comments:

Supports That Helped

☒	Visual demonstrations
☒	Positive praise
☒	Trusted instructor
☒	Peer model
☒	Extra processing time
☒	Movement breaks
☒	Advance warning
☒	Choices
☒	Leadership/helper opportunities

Comments:

Strengths Observed

☒	Discipline
☒	Respect
☒	Confidence
☒	Perseverance
☒	Leadership
☒	Kindness
☒	Determination
☒	Coachability
☒	Empathy
☒	Positive attitude

Comments:

If this student returned next session, I would recommend:

☒ Same instructor
 ☒ Consistent training partner
 ☒ Visual demonstrations
 ☒ Extra practice time
 ☒ Frequent check-ins
 ☒ Advance warning before transitions
 ☒ Leadership opportunities
 ☒ Flexible participation when needed

What impressed you most about this student?

One thing I hope their teachers know is...

Anything else you'd like me to know?

Alexis Adapts

IEP Advocate | Parent Coach

Supporting children, families, and the adults who care for them.

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