



HOURS FOR P-FIT SELF-PACED 2025/2026 PRACTICE TEACHING BENCHMARKS

The following are the practice teaching benchmarks and hours you should log. Email your logs to your team leader at least one week prior to your Zoom session. These are the **least** hours you should log. Doing more is always beneficial; you will see a huge difference in your confidence and skills as you log more hours.

Modules & Practice Teaching Benchmarks	Hours
<i>While working on Modules 1 & 2: Practice teach pose exposures for Modules 1 & 2 using the wording and cues given in your manual .</i>	1
<i>While working on Modules 3 & 4: Practice teach pose exposures for Modules 3 & 4 and breathing using the wording and cues given in your manual.</i>	1
Submit at least 2 hours of practice teaching before your first Zoom session!	
<i>While working on Module 5: Practice teach pose exposures for Module 5 using the wording and cues given in your manual. Also, practice teach first half of Gentle St. Peter using the study aid in the portal. Start with just parts of the class and work up to more.</i>	2
<i>While working on Module 6: Practice teach the second half of Gentle St. Peter using the study aid in the portal. Start with parts of the class and work up to more.</i>	2
Submit at least 4 hours of practice teaching before your second Zoom session!	



While working on Module 7: Practice teach postures in Module 7 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3
Submit at least 3 hours of practice teaching before your third Zoom session!	
While working on Module 8: Practice teach postures in Module 8 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3
Submit at least 3 hours of practice teaching before your fourth Zoom session!	
While working on Module 9: Practice teach postures in Module 9 as you study for the Posture Evaluation. Also, you can continue to teach all or parts of classes.	3
Submit at least 3 hours of practice teaching before your fifth Zoom session!	
While working on Modules 10-12: Practice teach any of the classes using the routine sheets in the p-fit portal.	5
Submit at least 5 hours of practice teaching before your sixth Zoom session!	
Total hours should be at least 20!	20