

Delivery & Public Speaking Skills

Name: _____ **Date:** _____

LEARNING OBJECTIVE

The student will practice vocal and physical delivery techniques and evaluate their own speech performance using a rubric.

MATERIALS NEEDED

- index cards from Week 5
- paper
- pen
- phone or device with recording/timer (optional)
- mirror (optional)

HANDS-ON ACTIVITY

1. Practice reading your speech from index cards standing up, focusing on posture and making eye contact with an imaginary audience.
2. Record yourself (audio or video) delivering the speech, or perform it live in front of a family member.
3. Time your speech delivery and write the time down; compare it to a 2-minute target.
4. Fill in the delivery rubric on your worksheet, rating yourself 1-4 on eye contact, pace, volume, and gestures.
5. Perform the speech a second time, deliberately improving the one category you scored lowest.

QUESTIONS

1. How long did your first speech delivery take, and was it close to your 2-minute target?

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2. Which rubric category did you score lowest on the first attempt, and what specific change did you make for the second attempt?

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3. Why does eye contact matter when delivering a persuasive speech?
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4. What is one difference you noticed between your first and second delivery?
