**Diploma 2017SBSB001 1.1a) and b) Allocations & Guidelines**

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| **PP to be ready meeting:** | **1st draft LP ready** **for** | **To be taught meeting:** | **Asana** | **Name** |
| 5 (25th Feb) | 6 (25th Mar) | 7 (22nd April 18) | Prasarita Padottanasana: Spread Leg Forward Pose | Jane Butcher |
| 6 (25th Mar 18) | 7 (22nd April 18) | 8 (3rd June 18) | Bhujangasana: Cobra | Beki  |
| 7 (22nd Apr 18) | 8 (3rd June 18) | 9 (24th June 18) | Trikonasana: Triangle | Carolyn |
| 7 (22nd Apr 18) | 8 (3rd June 18) | 9 (24th June 18) | Jathara Parivritti Revolving Stomach Pose | Julie |
| 8 (3rd June 18) | 9 (24th June 18) | 10 (22nd July 18) | Vrksasana: Tree | Jane C |
| 8 (3rd June 18) | 9 (24th June 18) | 10 (22nd July 18) | Adho Mukha Svanasana: Down facing Dog | Heidi |
| 8 (3rd June 18) | 9 (24th June 18) | 10 (22nd July 18) | Supta Padangusthasana: Supine Hand to Toe Pose | Jesse |
| 9 (24th June 18) | 10 (22nd July 18) | 11 (26th Aug 18) | Virabhadrasana I:Warrior I | Jane Barnes |
| 9 (24th June 18) | 10 (22nd July 18) | 11 (26th Aug 18) | Virabhadrasana IIWarrior 2 | Bryan |
| 10 (22nd July 18) | 11 (26th Aug 18) | 12 (23rd Sept 18) | Utkatasana:Squat Pose | Barbara |
| 10 (22nd July 18) | 11 (26th Aug 18) | 12 (23rd Sept 18) | Setu Bandhasana:Bridge Pose | Jayne |
| 11 (26th Aug 18) | 12 (23rd Sept 18) | 13 (21st Oct 18) | Shalabasana:Locust Pose | Rosemary |
| 11 (26th Aug 18) | 12 (23rd Sept 18) | 13 (21st Oct 18) | Navasana:Boat Pose | Jennifer |
| 12 (23rd Sept 18) | 13 (21st Oct 18) | 14 (18th Nov 18) | Paschimottanasana:Seated Forward Bend Pose | Hannah |
| 12 (23rd Sept 18) | 13 (21st Oct 18) | 14 (18th Nov 18) | Baddha KonasanaCobbler’s Pose | Sam |
| 13 (21st Oct 18) | 14 (18th Nov 18) | 15 (13th Jan 19) | Ustrasana:Camel Pose | Denise |
| 13 (21st Oct 18) | 14 (18th Nov 18) | 15 (13th Jan 19) | Salamba Sarvangasana:Supported Shoulderstand Pose | Clare |
| 14 (18th Nov 18) | 15 (13th Jan 19) | 1 (10th Feb 19) | ParighasanaGate Pose | Sally |
| 14 (18th Nov 18) | 15 (13th Jan 19) | 1 (10th Feb 19) | BharadvajasanaBharadvaja’s Pose | Heather |
| 15 (13th Jan 19) | 1 (10th Feb 19) | 2 (10th Mar 19) | ChaturangadandasanaFour-limbed Pose | Wendy |

**Timing for Assessment 1.1**

You have this first month to start your posture profile using the scans I send plus any information you may find in your own asana texts. If you take any information from the internet make sure it is an expert authority, preferably also published such as Yoga Journal. Keep a note of material referred to so you can easily write up your bibliography at the end of the posture profile, remember to write it up as required {see your copy of Student Written Assessment Guidelines] and remember to include pages numbers.

Then as the course progresses after the first assessments are allocated where the student teachers will have a little less time to prepare you will always get a reminder in our home study sheets; there will be a couple of months to complete your posture profile, followed by another couple of months to complete the lesson plan for your thirty minutes micro teaching practice.

There will soon be other assignments to do alongside this work for 1.1 so make good use of your time this month! Please bring your posture profiles, however complete they are, to our next meeting in February, and also any questions you may have.

**1.1a Posture Profile**

**Template for Posture Profile**

I will email a template to use and you can always download a copy from our website.

**Assignment Task 1.1a**

See our website for a copy of the Task from the course assessment booklet.

**Assessment criteria**

See our website to see the Tutor’s Assessment Sheet to find out the criteria against which the posture profile is marked.

**When creating the posture profile:**

See my example posture profile for some extra guidelines and there is also a copy of this on the website.

Once done you will use the posture profile to write your lesson plan for the micro teaching practice.

**1.1b Micro Teaching Lesson Plan**

When writing the lesson plan remember to include:-

* Simple preparation that prepares the body for the peak posture you have
* Do not give too much information in the contents column, rather this is purely a memory aid
* Award more time on the plan to explore the peak posture and include at least two stages for the peak posture itself
* Throughout the plan the postures or movements chosen must link well together, flowing well between the bases i.e. from sitting to kneeling to standing etc.
* Ideally there is a good mixture of types of asana e.g. backbends, twists, forward bends, sidebends, balances etc.
* **At some point you must explain and/or demonstrate the use of a teaching aid or prop**
* There must a simple counterpose after the peak pose for rebalance

A good way to approach the writing of your lesson plan is to refer to your posture profile to see which joints require mobilising, which muscles require lengthening and strengthening and decide upon some possible movements. Also see if there are any important teaching points for the peak posture that can be introduced a little sooner in the class.

Then bearing this in mind **go to your mat** and choose a starting point and see how your body would like to move. The body is the best guide for this process or we can become too lost in the mind. There is no pefect sequence just see what feels right.

Remember to keep it simple at this point in the course!