

1.1b Micro Teaching of Asana.

Student teachers will, within their peer group, teach a thirty minute¹ micro teaching of Asana, based on the Asana for which they have completed a detailed posture profile (Task description paragraph 1.2.2). A lesson plan will be submitted by the student teacher to the tutor for approval in advance as negotiated between tutor and student teacher, with sufficient time to amend the plan if necessary. The lesson plan will be in proforma format shown at the end of Unit 3 and will be assessed in accordance with the criteria for assessing lesson plans contained in that Unit.

The teaching session will include the following elements:

- a) Preparation for the main posture including warming of muscles and mobilising of joints and preparatory postures which may take the form of modifications of the main posture. Preparation should be based on analysis of key joints and muscles identified in the posture profile.
- b) Integration of the breath either in breathing co-ordinated with movement or in static posture
- c) A staged approach to teaching the posture including at least one stage suitable for beginners/the less physically able.
- d) Counterpose to ease and rebalance the body after the main posture.
- e) Areas for caution and common medical conditions that may be adversely affected by the posture (if any) and suggested modifications or alternatives.
- f) The use of at least one teaching aid should be explained or demonstrated.
- g) At least one benefit of the main posture. Discrimination should be shown in the choice of benefit which should be explained as part of teaching.

Teachers will demonstrate during the teaching:

- h) Clarity in giving instructions, teaching points and explanation of practices; audibility.
- i) Integrity of movement in demonstrations, according to the student teacher's own physical capacity.

Whilst it is not an assessed aspect of the teaching practice, student teachers should be encouraged by their tutor:

- to ensure that demonstrations of key aspects of main posture(s) are watched by their peers.
- to observe their peers as part of developing their teaching skills.

The teaching should be followed by a feedback session involving the tutor and peers.

¹ Tutors' note: The teachings of Asana may, at the tutor's discretion be longer than thirty minutes to reflect actual Yoga class teaching time.

