Task description paragraph 2.3

2.2 **Teaching of Basic Breathing and Relaxation**

**Assessment Front Sheet.**

**Name of student teacher:**

**Date of Teaching:**

All elements must be achieved to the required level for a Pass. Those that are not achieved will be referred for further assessment. Reasons for referral must be clearly stated in tutors’ comments. Tutors need not comment on all criteria but will comment on specific strengths and areas for development. In cases of referral only criteria not met will be reassessed and tutors will only comment on reassessed elements. **The teaching practice description appears in full in the Unit guidance and teaching must be in accordance with it. The lesson plan will be assessed in advance in accordance with the requirements of Unit 3.**

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| **Teaching of basic breathing techniques and relaxation**.  Student teachers will, within their peer group, teach a ten minute session of basic breathing followed by a fifteen minute guided relaxation. The session should be suitable for beginner or first year students. A lesson plan will be submitted to the tutor for approval in advance. | | | | This task provides evidence for the following criteria: Unit 2: 1.1-1.2; 2.1-2.3; 3.1; 5.1 Unit 3: 2.1; 3.1-3.2; 4.1-4.2; 5.1 |
| The session will include the following elements: | Where an element of the session is missing or inadequately covered the assessor will make a judgement as to whether this significantly compromised the learners’ ability to practice techniques/learn in deciding whether to pass or refer | | | |
| P/R | Tutor comments | | |
| a) Settling the students into the breathing practice, including comfort in posture and opening breath awareness; attention to any environmental factors which may affect practice.  b) Teaching the breathing technique including explanation, teaching points, modified practice as appropriate to the chosen technique; areas for caution if any.  c) Settling into relaxation, comfort in relaxation posture and focus for the mind.  d) Guided relaxation that includes use of pace and language to create focus and calm; a gradual return from relaxation. |  | a)  b)  c)  d) | | |
| The student teacher will demonstrate: | Where instructions/explanations are inaudible, confused, disjointed, limited or inaccurate to the extent that learners’ ability to practice techniques/learn is significantly compromised, the teaching practice will be referred. | | | |
| P/R | | Tutor comments | |
| e) Clarity of instruction and explanation.  f) Knowledge and understanding of the chosen breathing practices shown through explanation and teaching points |  | | e)  f) | |
| General comments of tutor/assessor:  .  Signature Date | | | | |
| A post lesson reflective evaluation should be completed by the student after peer and tutor feedback | | | | |