

Assignment Task 4.3 Formally Assessed Yoga Class Teaching (Student)

This Unit includes the first formally assessed teaching of general yoga class students. Student teachers will be observed teaching a yoga lesson to a group of their own students, a borrowed class or a class set up specifically for the purpose.

- There must be a minimum of six students in the group.
- The lesson will be for the duration of at least 90 minutes except in special circumstances when a lesson of not less than 60 minutes may be used at the Tutor's discretion.
- A lesson plan will be submitted by the student teacher to the assessing tutor for approval in advance as negotiated between tutor and student teacher. It may be the detailed lesson plan completed as part of the student teachers Scheme of Work.
- The plan will include all information required in the lesson plan template (page 51) and will be assessed according to the learning outcome assessment criteria set out in the assessment front sheet (AFS) 4.2.

Class teaching must include:

- An underpinning principle of yoga. (Possible examples include, being present, mindfulness, awareness, being grounded or centred, sustaining inner strength or flexibility)
- Preparation for the practices.
- Consideration of the breath in asana.
- The teaching of asana at a level appropriate to the student group with modified practice offered according to the levels of capacity and experience of the group.
- Counter poses if necessary (movements) to ease and rebalance the body.
- A basic breathing practice appropriate to the experience of the group.
- A guided relaxation.

Student teachers will demonstrate that they can:

- Create a welcome atmosphere of inclusivity, conducive to yoga practice.
- Organise their time and resources.
- Be heard, giving clear instructions and relevant teaching points that their students can follow.
- Demonstrate postures with integrity of movement according to their own capacity and at the appropriate level for their students.
- Apply sound principles of anatomy and physiology in their teaching (principles need not be explicitly stated).
- Observe students, offer individual attention if needed and pace their teaching according to the needs of students and nature of the practice.

* Though it is not formally assessed in this teaching practice student teachers should be encouraged to:

- Consider their use of language precisely and descriptively to deepen their student's awareness and understanding.

- Respond to what they see by offering encouragement, amending instructions or demonstrations, altering pace, demonstrating specific points or making verbal adjustments or simple adjustments by touch as appropriate to their observations.

Note: It is the responsibility of student teachers to arrange for the required number of students to attend an assessed class teaching. If fewer than six students are present a valid assessment cannot take place, the assessment will have to be postponed and the student teacher will be responsible for their assessor's expenses and lost time. It is recommended therefore that student teachers arrange for more than six students to attend to make provision for unexpected absences.