AFS Unit 6: Task 6.3, Pranayama, Kriya, Mudra and Bandha

Teaching Assessment Front Sheet

Tutors must refer to the following learning outcome assessment criteria from the BWYQ Level 4 Qualification Unit Specifications to evidence that the student has achieved the desired knowledge and skills required for them to be awarded this component of the regulated qualification. Comments on the assessment sheets and any rationale to 'refer' or 'pass' should consider these assessment criteria.

This task provides evidence for the following qualification specification learning outcomes and assessment criteria:				
Unit 6: Learning Outcome 4: Know and understand the practice and teaching of Pranayama				
Assessment Criteria 4.2:	Plan a session of Pranayama appropriate to the needs of students			
Assessment Criteria 4.3: Teach a Pranayama, with or without prolonged retention but observing all four stages of				
	breathing and either a Kriya, Mudra or Bandha			
Assessment Criteria 4.4:	Give purpose, and effects of the chosen practice, distinguishing between esoteric and			
	physical effects and stating areas for caution, if any.			

Name of Student Teacher:	Date:	
The lesson plan will include:	P/R	Tutor's Comments: Tutors must consider the learning outcome assessment criteria when assessing these items.
 Aims. Learning outcomes. Content. Resources. Bibliography and acknowledgement of sources. Refer to Assessment Criteria 4.2		
Student teachers will demonstrate:		
 a) Settling the students into the practice including comfort in posture and opening breath awareness; attention to any environmental factors which may affect practice. b) Explanation of the practices and teaching points; areas of caution, modifications, possible effects and use of aids as appropriate to the chosen techniques, c) Gradual return from practice. d) Clarity of instruction and explanation. Knowledge and understanding of the chosen technique shown in their explanation and teaching points. Refer to Assessment 4.3 & 4.4 		
Student teachers will demonstrate:		
e) The ability to deliver their lesson plan and adapt it to		

A Post Lesson Reflective Evaluation (PLRE) page 25 should be completed by the student after peer and tutor feedback						
Sign	ature: Date:					
Gen	eral comments of tutor/assessor:					
The teaching will be followed by feedback and answering of questions						
g)	The ability to observe students, offer individual attention if needed and to pace their teaching according the needs of students and nature of the practice.					
f)	The ability to present information in a logical order and to build explanation and guidance in a way suitable for students new to the techniques.					
	student needs as necessary. Where there are changes to the plan, student teachers should be able to give reasons for them.					