

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.
1. Aims. 2. Learning outcomes. 3. Content. 4. Resources. 5. 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		

