## AFS Unit 7: Task 7. 3, Teaching Meditation (Tutor)

**Guidelines:**

* Please use your script and if you wish to receive an emailed copy that you can alter just let me know. If the script is changed then send me a copy of it when you email the lesson plan.
* You will need to create a lesson plan as always for this teaching practice and please refer to the example lesson plan given to you to help. In essence keep it simple!
* The teaching practice is for 15 minutes only and you will need to check through the assessment criteria given below to help you see what is important to include.
* Please let me know if you have any questions at all.

**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.**

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| This task provides evidence for the following qualification learning outcome and assessment criteria:  |
| **Unit 7: Learning Outcome 6: Know and understand how to plan for inclusive teaching of meditation:** |
| **Assessment Criteria 6.1:****Assessment Criteria 6.2:** | *Choose an object or focus for concentration or meditation practice suitable for individual learners and/or the group.* *Plan a practice of meditation that meets the needs of learners.* |
| **Unit 7: Learning Outcome 7: Know and understand how to lead a guided meditation**  |
| **Assessment Criteria 7.1:** | *Teach a guided meditation that includes explanation of the focus chosen for practice, settling into practice, guided meditation* *and gradual return* |

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| **Name of Student Teacher: Date:** |
| The lesson plan will include: | **P/R** | **Tutor’s Comments:** 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 Unit 7: Learning Outcome 6:******Assessment Criteria 6.1 and 6.2*** |  |  |
| **The session will include the following elements:** |  **P/R** |  **Tutor Comments:** consider the learning outcome assessment criteria when assessing these items. |
| 1. An introduction explaining the chosen focus for the meditation.
2. Settling the students into the practice including comfort in posture and attention to any environmental factors which may affect practice.

***Refer to Unit 7: Learning Outcome 6:******Assessment Criteria 6.1***  |  |  |

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| **Student teachers will demonstrate:** |  **P/F** |  **Tutor Comments:** consider the learning outcome assessment criteria when assessing these items. |
| c) Guidance through the chosen meditative practice including verbal cues to maintain focus during practice. d) Gradual return.1. Clarity of instruction and explanation.
2. Knowledge and understanding of the chosen technique shown in their explanation and guidance.
3. The ability to deliver their lesson plan and adapt it to student needs as necessary. Where there are changes to the plan, student teachers should be able to give reasons for them.
4. The ability to present information in a logical order and to build explanation and guidance in a way suitable for students new to the technique.

i) 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.***Refer to Unit 7: Learning Outcome 7:******Assessment Criteria 7.1:*** |  |  |
| **The teaching will be followed by feedback and answering of questions** |
| **General comments of tutor/assessor:**Signature Date: |
| **A Post Lesson Reflective Evaluation (page 24) should be completed by the student after peer and tutor feedback** |

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i) 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.***Refer to Unit 7: Learning Outcome 7:******Assessment Criteria 7.1:*** |  |  |
| **The teaching will be followed by feedback and answering of questions** |
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| **A Post Lesson Reflective Evaluation (page 24) should be completed by the student after peer and tutor feedback** |