

Summative Assignment 9: Final ACT

Assessed Class Teaching (Advanced)

Student teachers will be observed teaching a **90-minute yoga class** to a mixed ability 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**. 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. All of the information to be provided is included on the lesson plan template and will be assessed using the lesson plan feedback summary sheet.

NB: Your class teaching must include the following and please note the new elements highlighted in red bold must be included in your lesson plan and class.

- **An explicit underpinning principle or philosophical concept of yoga.** Principles may be taken directly from yoga philosophy or be a modern application or interpretation.
- Preparation for the practices
- Integration of the breath in asana
- The teaching of asana at a level appropriate to the student group with modified practice offered according to the level of capacity and experience of the group
- Counter poses/ movements to ease and rebalance the body
- **A seated practice of pranayama showing good use of staging.**
- A short meditation and/or guided relaxation

Student teachers will demonstrate that they can:

- Explain their theme clearly in a way accessible to general yoga class students
- Create an atmosphere of inclusion and welcome, conducive to yoga practice
- Organise their time and resources
- Be heard, give clear instructions, and make teaching points that their students can follow
- Use language precisely or descriptively and **make teaching points that encourage specific focus or awareness**
- 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).
- **Offer progression to those students for whom it is appropriate by working towards more challenging asana.**
- Observe students, offer individual attention if needed and pace their teaching according to the needs of students and nature of the practice.
- Respond to students by amending instructions or demonstrations, demonstrating specific points, or making verbal adjustments or simple adjustments guided by touch as appropriate to the circumstances.

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.**

The observation of your ACT must happen before 18th August!!

If the ACT is to be done **remotely then we will need to send an official request form** to the BWY for permission.

Intended learning outcomes

By the end of this unit the student teacher will be able to:

Assessment Criteria
E1.2 Plan and teach an appropriate pranayama practice, incorporating relevant mudra and bandha if appropriate
E1.4 Identify areas of caution, suggesting modifications and stating when a given practice is inappropriate
E2.1 Plan and teach a suitable guided concentration or mediation, explain the rationale for the choice
E2.2 Identify possible areas of caution and suggest modifications
E4.1 Plan and teach a key philosophical or yoga concept

This is evidenced by meeting the following **assessment criteria**

Assessment Criteria
E1.2 Plan and teach an appropriate pranayama practice, incorporating relevant mudra and bandha if appropriate. Assessed by S7/S9.
E1.4 Identify areas of caution, suggesting modifications and stating when a given practice is inappropriate. Assessed by S7/S9.
E2.1 Plan and teach a suitable guided concentration or meditation, explaining the rationale for the choice. Assessed by S7/9.
E2.2 Identify possible areas of caution and suggest modifications. Assessed by S8 and S9.
E3.1 Demonstrate ways in which students may be progressed through physical challenge or subtle aspects of practice in a class setting. Assessed by S6, S7, S9 and physical challenge through posture profile.
E3.2 Select teaching points based on sound principles of when and how to progress individuals safely.
E4.1 Plan and teach a key philosophical or yoga concept (Assessed by S9)

Summative Assignment 9 Observation Record for Assessed Class Teaching (Advanced)	
Student Teacher Name BWY Number Date	
Venue	
Time and length of class	
Student's own class/borrowed/specially set up	
Assessment Criteria	P/R
E1.2 Plan and teach an appropriate pranayama practice, incorporating relevant mudra and bandha if appropriate. Assignment S7 or S9.	
E1.4 Identify areas of caution, suggesting modifications and stating when a given practice is inappropriate. Assignment S7 or S9.	
OR	
E2.1 Plan and teach a suitable guided concentration or meditation, explaining the rationale for the choice. Assignment S7 or S9.	
E2.2 Identify possible areas of caution and suggest modifications. Assignment S7 or S9.	
BOTH	
E3.1 Demonstrate ways in which students may be progressed through physical challenge or subtle aspects of practice in a class setting.	
E3.2 Select teaching points based on sound principles of when and how to progress individuals safely.	
E4.1 Plan and teach a key philosophical or yoga concept	
Element	Comments
Pranayama <ul style="list-style-type: none"> Make an informed selection of a relevant pranayama/ mudra/ kriya/ bandha, showing an awareness of matching the demands of the practice with the level/ability of students Teach clearly and safely 	
Guided Concentration/Meditation <ul style="list-style-type: none"> Make an informed selection of a relevant concentration/ meditation practice to teach, showing an awareness of matching the demands of the practice with the level/ability of students Teach clearly and safely 	

