

AFS Unit 2: Task 2 .2, Teaching of Basic Breathing and Relaxation (Tutor)

Tutors must refer to the 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. Learning Outcomes are listed below and the corresponding assessment criteria for assessment are indicated under each question. 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. Detail of the assessment criteria is provided under each question:
Unit 2: Teaching Yoga Breathing Practices and Relaxation Learning Outcome 1: Understand the practice and teaching of breath awareness: assessment criteria: 1.1-1.2; Learning Outcome 2: Know and Understand the techniques of breath control: assessment criteria: 2.1-2.3; Learning Outcome 3: Be able to structure and teach breathing practices: Assessment Criteria: 3.1; Learning outcome 5: Be able to structure and teach a relaxation practice: Assessment Criteria: 5.1
Unit 3: Planning for yoga teaching and the responsibilities of a yoga teacher Learning Outcome 3: Understand appropriate teaching and learning approaches in yoga: Assessment Criteria 3.1 - 3.2, Learning Outcome 4: Demonstrate session planning skills: Assessment Criteria 4.1, Learning Outcome 5: Understand how to deliver inclusive sessions that motivate learners: Assessment Criteria 5.1
The entire assessment also provides evidence for Unit 3: 2.1: <i>Apply relevant minimum core specifications in literacy, language, numeracy and ICT in their planning and delivery of teaching, in their research and record keeping as appropriate to Yoga.</i>

Name of Student Teacher:		Date of Teaching:
Student teachers will, within their peer group, teach a ten minute session of basic breathing followed by a fifteen minute guided relaxation. The session should be suitable for beginner or first year students. A lesson plan will be submitted to the tutor for approval in advance.		
Basic Breathing session will include:	P/R	Tutor's Comments: Tutors must consider the learning outcome assessment criteria when assessing these items.
1. Initial Explanation of Breath awareness Refer to Assessment Criteria: Unit 2: 1.1: Recognise and explain the nature of breath awareness & Unit 2: 1.2: Identify ways in which breath awareness can be cultivated in class teaching		
2. Areas for caution, comfort in practice, modification and attention to any environmental factors Refer to Assessment Criteria: Unit 3: 4.1: Plan a teaching and learning session which meets the needs of individual learners Unit 2: 2.3: Explain areas of caution		

3. Ability to teach the breathing technique giving clear instructions, relevant teaching points and modifications if needed Refer to Assessment Criteria: Unit 2: 2.1: Explain techniques that develop familiarity with taking conscious control of the breath Unit 2: 2.2: Explain techniques that develop the breathing mechanism and enhance the effectiveness of respiration Unit 2: 3.1: Teach a session of breath awareness and breath control		
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4. Teaching methods Refer to Assessment Criteria: Unit 3: 3.1: Identify and use relevant approaches to teaching and learning in relation to Yoga Unit 3: 4.1: Plan a teaching and learning session which meets the needs of individual learners Unit 3:5.1: Use a range of appropriate teaching and learning approaches to engage and motivate learners		
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General comments of tutor/assessor: Including explanation, knowledge and understanding of the chosen breathing practices

Signature:

Date:

All of the following assessment tasks relate to

Unit 2: Learning Outcome 2: Assessment Criteria 5.1: Teach a guided relaxation

Relaxation session will include:	P/R	Tutor's Comments: Tutors must consider the learning outcome assessment criteria when assessing these items.
Comfort in relaxation posture.		
Settling into relaxation.		
Guided relaxation that includes the use of pace and language to create focus and calm.		
A gradual return from relaxation.		

General Comments of Tutor/ Assessor:

Signature:

Date:

A post reflective lesson evaluation (PLRE) should be completed by the student after peer and tutor feedback. – page 25

