

Creating Your Detailed Lesson Plan:

Once the Scheme of Work, Course Plan & Student Evaluation Form have been passed you can create your detailed lesson plan. When you do so bear in mind that you can also use this same lesson plan for your Assessed Class Teaching (ACT). It is possible to teach from another lesson plan, although this would entail much more work on your behalf.

Please write your detailed lesson plan based on a chosen week of the course plan and do so in the usual lesson plan template. For ease of reading for the contents please write each practice in separate rows so they easily line up with their cautions, benefits etc.

To work out what needs to be incorporated into your detailed lesson plan look at your Course Plan and read along that week's row as it will give you the theme, main asana, relaxation etc. for the class. You can also add other asana and elements to make it a balanced, well flowing practice.

The best advice is to take your necessary elements and go to your yoga mat letting your body and breath guide you, seeing how they can best fit together - never try to plan solely in the mind!!

Remember when writing your lesson plan:

- Your lesson plan must meet the specific needs of your group, so it is pitched at the right level.
- You must include asana leading to a peak pose(s) with good, targeted preparation, plus a breathing technique and a relaxation. Meditation is also possible but if taught a short period of relaxation in a rest position is still needed afterwards.
- The asana flow must be balanced overall so include all movements for the spine and also an inversion, which could simply be down facing dog.
- For this detailed plan you must include as a minimum the cautions for:
 - **High blood pressure/Heart Conditions**
 - **Pain/degenerative changes/injury for Low back, Knee, Neck, Wrist**
 - **Pregnancy**
 - **Plus, any areas specific to the group being taught**

Your handout on Common Conditions and Potential Modifications can help with this.

- Write your cautions simply e.g., Low Back: bend knees, stay half-way
- Include staging throughout the class where the earlier stages are useful as modifications for general inflexibility and lack of strength, as well as for specific cautions.
- Once you know the start time of the class give real timings e.g., 10.00, 10.05 etc.
- Note initial assessment will take place where you ascertain if any conditions are present
- Overall keep your lesson plan concise and clear

If your course is hypothetical, then you can still use the same lesson plan for the ACT but may need to make small adjustments to it depending upon the group to be actually taught. So that:

- If borrowing a class then nearer the time you will need to ask the regular teacher at what stage students are in their yoga journey and who is regularly in their classes so you will know which cautions to give in the final version of the lesson plan, note that the minimum cautions above still need to be included.
- If you are specially setting up a class for the ACT again you will need to know who is expected beforehand and plan accordingly. There must be a minimum of 6 students for the ACT so it is good practice to ask along some extra students just in case.

In this way you can write your Detailed Lesson Plan ahead of time but can make small changes as needed nearer the time of teaching.

Your Assessed Class Teaching Practice (ACT):

You must get ready to be able to organize your **ACT to take place before mid-June** at the very latest. To do this speak to me to arrange a date just as soon as you have one in mind.

If needed you can ask to borrow a class from a teacher and teach her regular class, or I can help you to find one if necessary.

For the ACT it would also be possible for us to have two or three ACTs as specially set up classes in one day. Here you can hire a hall and make sure there will be **at least 6 students** in each class, note these cannot be all peers or yoga teachers, regular students must be in the majority.

Whenever possible I will try to tie up several ACTS together to reduce driving times so will keep in touch with you all and make sure we can organise them all in plenty of time.

Finally, prior to teaching your ACT please refer to the Assessment Feedback Sheet that will be used as this shows the different areas that will be assessed. A copy of this is available on the website in the assessments section.

Your Formal Teaching Hours

To qualify please remember that you must have done 15 hours of formal teaching. This refers to classes taught to adults with more than 3 participants so cannot be to children or 121s. **Keep a record of the teaching you have done which can be given to me towards the end of the course** and whilst you do not need to evidence each class you must have **produced a Post lesson reflective evaluation form (PLRE) for three classes**, one of which will be the ACT PLRE. For the other two they should be at least a month or two apart as hopefully the second one will show a sense of progression.