## 4.2 Lesson Plan Template Guidance

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| **STUDENT TEACHER:** | Your Name & Unique Learner Number (BWY-001111) |
| **VENUE:** | As for your SOW; hypothetical if needed  (can be altered for the 4.3 ACT – note I will need your address including the postcode for the ACT) |
| **SUBJECT/THEME:** | Theme from the relevant week of the Course Plan  (can be altered for the ACT) |
| **LEVEL OF STUDENTS:** | **Experience:** as per your SOW header sheet i.e. beginner, intermediate, mix of beginner & a few intermediates etc. **Ability:** Add any useful additional information e.g. very mixed, majority are athletic, good levels of endurance but many students are inflexible etc.  **Conditions:**  You have to include HBP, Pregnancy, low back conditions, knee conditions & neck conditions  Also, any conditions present in your usual class if you are running the SOW as a course  (When using this plan as the basis for ACTs you will also need to include any cautions for the specific group taught) |
| **DATE:** | Date of teaching lesson plan: hypothetical if needed  (can be altered for the ACT) |
| **TIME/DURATION:** | Start and finish time of class & length (must be 90 minutes): hypothetical times if needed  (can be altered for the ACT where for the first ACT 60 or 75 minutes is permissible – will need to alter the contents) |
| **RESOURCES:**  Copyright © 2016 [British Wheel of Yoga]. All Rights Reserved. | What will you make available e.g. blocks, extra mats, belts, handouts etc.? |
| **AIMS:** | **By the end of the practice the teacher will aim to:**  Must be one or two sentences giving a **general** overview what you as the teacher intend to convey during the class. |
| **LEARNING OUTCOMES:** | **By the end of the practice student will be able to:**  This must be **very specific and measurable**. They must **cover all three learning domains**, i.e. psychomotor (doing), cognitive (knowing) & affective (feeling/sensing). 4 to 6 LO’s are a good number to choose for a class plan.  When writing LOs try to decide upon important things that you want students to come away with and these can be very detailed e.g. By the end of the practice students will be able to:   1. describe how bending the knees in a forward bend releases potential strain in the back 2. show the difference between an anterior and posterior pelvic tilt 3. reflect upon their experience and after effects of practicing nadi sodhana |
| **ASSESSMENT METHODS:** | These must relate specifically to the chosen learning outcomes, your proposed methods in the SOW will help. For the above LOs an example might be:   1. Informal questioning having practiced paschimottanasana 2. Observation during students practice of cat & again before uttanasana when students are asked to show the two pelvic tilts 3. Partner and then whole group discussion after the practice of nadi sodhana |
| **EVALUATION METHODS:** | How will you evaluate the class? Your proposed methods in the SOW will help. |
| **BIBLIOGRAPHY:** | Any reference material must be included here, texts first (with page numbers), then class handouts (date) and then electronic sources (with date accessed) All to be given alphabetically within each type |

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| **TIME** | **CONTENT** | **TEACHING**  **METHOD** | **AREAS FOR CAUTION/MODIFICATIONS/AIDS**  **VARIATIONS** | **PURPOSE/RATIONALE/**  **BENEFITS** | **NOTES** |
| Use Real  Times  e.g.  7.05  7.10 | Keep it simple. You can use stick figures. Try to include Sanskrit names as well as English ones so you begin to really learn them.  Do not include all that you will say – this a summary only  You can include important reminders though such as  ‘Working dynamically’ or ‘For 6 breaths both sides’ etc.  Offer staging wherever possible | Keep simple | Keep this concise e.g.  HBP: keep hands at hips  Knee conditions: padding beneath knees or standing  Remember to offer alternatives if needed e.g. Pregnancy: work with cat instead  If teaching a sequence then divide the cautions into the different poses e.g. **Uttanasana:**  Back conditions: bend knees  **Bhujangasana:**  Pregnancy: cat | Note interesting and relevant things that you feel can be taught to students as simple asides not everything you can find on a practice | Add reminders re: aids, theory etc. |
|  | If teaching a sequence then divide the cautions into the different poses e.g. Uttanasana:  Back conditions: bend knees  Bhujangasana:  Pregnancy: cat |  |  |  |  |
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