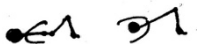


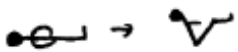

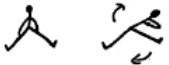
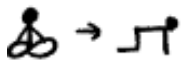
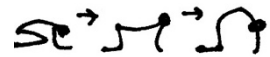


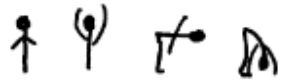




F1 Lesson Plan			
Student Teacher: BWY No.		Assignment Name and Number:	F1: Asana Micro Teaching Practice
Venue:	Zoom		
Subject/theme:	Micro Asana Teaching Practice: Uttanasana		
Level of students:	Beginners/ First Year		
Date:			
Time/duration:	30 minutes		
Resources:	Two Blocks, Chair		
Aims:	By the end of the lesson the teacher will aim to: teach a short asana practice preparing for Uttanasana, Standing Forward Bend/Intense Stretch Pose.		
Learning outcomes:	By the end of the lesson students will be able to: <ol style="list-style-type: none"> 1. Perform uttanasana to the level of their own ability, using modifications as necessary (psychomotor) 2. State that an anterior tilt of the pelvis is required to practice uttanasana, so knees may need to be bent (cognitive) 3. Share whether activating adductors aided their experience of flexion at the hips (affective) 		
Assessment methods:	To measure whether the learning outcomes have been achieved by students there will be: <ol style="list-style-type: none"> 1. Close observation of the group & checking individually with students if needed 2. Give an opportunity for students to show the difference between posterior & anterior pelvic tilts, stating which one is needed for Uttanasana 3. After stage 3 invite feedback regarding the activation of adductors whilst in Uttanasana 		
Evaluation methods:	To determine the effectiveness of my teaching: After the session I will lead a ten minute maximum group feedback session where I will give some personal verbal reflection and receive feedback from peers. I will also receive verbal tutor feedback, and later will receive written tutor feedback and write a Post Lesson Reflective Evaluation (PLRE)		
Bibliography:	Author, (Year of publication/edition), Title, Publishing House: Location of publication, page numbers See Guidelines for Writing Assignments for correct referencing and use of a bibliography		

Time	Content	Cautions: Modifications / Props	Rationale / Benefits	Notes
Key for Teaching Methods: VI = verbal instruction D = demonstration PA = practicing alongside P = presentation				
	Check if any ailments are present within the group, & check positioning of group members			Ensure blocks & chairs are available
0.00 VI	Semi-supine position – attune to the breath 1. Pelvic tilts 2. Dwi pada pitham dynamic 3. Dwi pada pitham short stay (blocks between thighs) 	Ensure no padding beneath head Vertigo: may need to turn the head to one side Pregnancy: practice in Dandasana if necessary	To attune to the breath; raise awareness of pelvic tilts ; mobilise shoulders and spine	Blocks needed
0.02 VI & D (standing)	Jathara Parvritti: Revolving Stomach Pose 1. Dynamic 2. Static where can straighten legs if possible 	Kyphosis, chin lifts: padding behind head Shoulder injuries: affected arms to sides Lower back conditions, inflexibility: reduce twist, feet to floor, blocks beneath thighs or knees if staying Hiatus Hernia, pregnancy: Bharadvajasana (kneeling twist)	To mobilise the spine & the shoulders; relax buttocks & hips; engage adductors	
0.04 VI	From Savasana, Head to Knee to T-Shape – dynamic sequence 	General weakness, back conditions: keep the straight leg, bent, foot to floor for support Abdominal conditions: avoid head to knees Pregnancy: Avoid head to knee or practice knee-crank and leg lift in Dandasana instead	To awaken & strengthen the abdominals: strengthen thighs and lengthen hamstrings: mobilise shoulder joints	
VI & D	Transit by placing hands beneath lower back, press down into hands & forearms – 	If necessary, can roll to one side and come to seated		
0.07 D & VI	Navasana (Boat pose) i) Feet to floor ii) Feet lifted, knees bent iii) Feet lifted, legs straight 	Back conditions, abdominal conditions, general weakness: keep feet to floor Inflexibility: Keep raised legs knees bent Hiatus Hernia, Pregnancy: Feet to floor	Awaken abdominals, mental focus	

0.09 D & VI	Chakki Chalasana (stirring the pot pose): 	Back conditions, sciatica, sacroiliac strain, stiffness: work with caution, sit on block, minimise flexion, bending knees as necessary	To mobilise hips, stretch adductors	
	Transit through Sukhasana (easy pose) - 	Can move legs to side & come to kneeling if prefer		
0.12 PA	Majrasana (cat pose) 1. ease out – free flow 2. dynamic cat Ask students to Highlight Anterior Pelvic Tilt 	Wrist conditions: can place hands further forwards/angled, make fist or can place wedge or rolled blanket beneath heels of hands Knee problems: if needed can place pad beneath knees, if necessary, work from Dandasana instead Pregnancy: do not lower back, move flat to arch	To mobilise the spine and become familiar with the anterior tilt of the pelvis.	Note 3 pelvis tilts, also movement of individual vertebrae
0.14 VI	Adho Mukha Svanasana (Down-Facing Dog) Start with bent knee to length spine Stage 1: foot to foot Stage 2 Both heels Stage 3 one leg raise Stage 4: one leg raise & hip open	Wrist conditions: can place wedge/rolled blanket beneath wrists, use fist or half dog HBP, CAD, ear & eye conditions & mature diabetic, pregnancy: be aware of effort, do not stay in pose, can practice cat balance instead Stiffness, back condition, sciatica: bend knees Osteoporosis: caution, rest as needed Hiatus hernia: practice cat balance	To stretch the hamstrings and calf muscles, utilise the anterior pelvic tilt & mobilise the shoulder joints & hip joints; also stretch hip flexor of raised leg	
0.18 VI	Utthita Balasana (Extended Child's Pose) or Mandukasana (frog pose) 	Inflexibility, obesity, hypertension, CAD, detached retina, glaucoma, mature diabetic: cup chin in hands, elbows to floor or forehead to fists/blocks if stay Knee conditions: try padding beneath knees, between heels & thighs or soft Paschimottanasana	To ease open the hip joints, extend the spinal column; mobilise shoulders towards full flexion; practice using the breath to aid flexion from the hips.	
VI	Transit low squat lifting up to standing via rag doll	Hypotension: move slowly through the levels	To relax the spine & raise awareness of the vertebrae	
0.20 PA	Tadasana (Mountain Pose) to Palmryasana (Palm Tree Pose) – dynamically Stage 1: side to side no arms Stage 2: Raise one arm Stage 3: Raise both arms	Shoulder injury: Stay at stage one Heart conditions, Hypertension, CAD, mature diabetic: caution for over effort, no stay Low back conditions, sciatica & stiffness: Caution stay at correct level	Raise awareness of pada bandha, mula bandha & keeping the lower ribs tucked in away from the skin Mobilise shoulder joint	

<p>0.22 P & D & VI</p>	<p>Ardha Uttanasana: Stage 1 Hands to hips and bent knees – lift and lower keeping anterior tilt, long spine</p>  <p>Ardha Uttanasana: Stage 2 Hands to chair, bent knees, straighten legs if possible, keeping anterior tilt, long spine, check pada bandha</p> <p>Walk from hands and to hands to enter & release Ensure Chair on mat so will not slip</p> <p>Uttanasana: Stage 3 Arms lowered to sides; can bend knees; can stay at this stage; check pada bandha, place block between thighs and activate adductors</p>  <p>Uttanasana: Stage 4 (if time) Development of Uttanasana with arms flexed forwards; can bend knees; Check Pada Bandha</p> 	<p>Hamstring injury or stiffness: Bend knees or can work to halfway only Low back conditions, sciatica & stiffness: bend knees or can work to halfway only, hand to chair if needed Osteoporosis: Work cautiously with knees bent Pregnancy: Caution, halfway with hands to chair can be helpful - no prolonged stay Sacro-iliac strain: Practice with caution, limit flexion, bend knees Hiatus hernia: Halfway only Heart conditions, hypertension, CAD, mature diabetic, eye and ear ailments: do not keep head down below the heart, can stay in half forward bend. Hypotension: take care moving slowly between different heights</p> <p>VA Check no hyperextension at knees</p> <p>VA Check no discomfort at lower back</p>	<p>Raise awareness of use of adductors in Uttanasana</p> <p>To explore flexing the trunk from the hips, lifting the tailbone & sitting bones backwards and upwards, aligning the whole spinal column</p> <p>Quiets the mind Calms the systems of the body, especially the cardiovascular and nervous systems Floods the brain with blood providing a sense of calm and clarity Rejuvenates the spinal nerves</p>	<p>Have 1 to 2 blocks available if possible</p> <p>Make chairs available or wall</p> <p>(Check if use of adductors aids flexion)</p>
<p>0.29 PA</p>	<p>Moment of Reflection: Dynamic Urdhva Hastasana (Raised hands Pose) to Tadasana: (Mountain Pose)</p>  <p>Finish with hands in prayer position</p>	<p>Shoulder injury: move to maximum ROM, perhaps arms to shoulder level.</p>	<p>To realign the body & re-centre</p>	

