

This month’s tasks:

* **Everyone to complete the** **Kinesiology Worksheet 2** and email me your answers on a word document before our next meeting. This is for your own active learning and to help me see that everyone is beginning take the right approach.
* **Assessment** **F2 & F3 Basic Breathing & Relaxation Micro Teaching Practice**:

**Sandra t**oprepare her lesson plan & script to email to me by meeting 4 on 14th March for feedback, to teach at meeting 5 on 28th March.

**Ashleigh & Liz** to prepare their lesson plans & scripts to be emailed to me by our meeting 5 on 28th March for feedback, to teach at meeting 6 on 25th April.

Please read through the assessment criteria for the teaching practice which is on our website (website details below).

* + Everyone will be allocated a particular basic breathing technique to teach and I shall give you some information on the technique, although you can do more research if you wish. Initially I will give out relaxation techniques to teach as we need to cover a variety of types, although if you have a particular relaxation you wish to teach just let me know.
	+ Refer to the assessment F2 and F3 guidelines and allocations sheet to orientate yourself.
	+ You will also find that our class handout on aims, learning outcomes, assessment & evaluation will help you complete the lesson plan header sheet, as will my example lesson plan. Plus the posture profile for Savasana will be helpful for cautions for the plan.
* **Everyone to carefully read through all of your handouts from the meeting:** making any pertinent notes if needed. File all handouts and notes away being as organized as you can right from the beginning!! Y

You can also have a play with the muscles of the upperlimbs powerpoint presentation and colour in the colouring book scans if that would be helpful for you.

* **Have a great fortnight and I look forward to seeing you again on 14th February.**

Our website is at [www.yoga-ayurveda.co.uk](http://www.yoga-ayurveda.co.uk) and your password is Shiva.

Remember you are free to contact me at home if you have any questions at all, although emailing me is always best whenever possible.

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