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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.

Yr Ogof

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