**LESSON PLAN for 45 Minutes Asana Practice**

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| **TUTOR:** | Sarah Beck |
| **SUBJECT/THEME:** | 45 minutes Asana Practice |
| **LEVEL OF STUDENTS:** |  |
| **DATE:** |  |
| **TIME/DURATION:** | 45 minutes |
| **RESOURCES:** |  |
| **AIMS:** | By the end of the lesson the teacher will aim to: |
| **LEARNING OUTCOMES:** | By the end of the session students will be able to: |
| **ASSESSMENT METHODS:** |  |
| **EVALUATION METHODS:** | After the session I will give some personal verbal reflection, receive verbal peer & tutor feedback, and later will recieve written tutor feedback and write a PLRE |
| **BIBLIOGRAPHY:** |  |

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| **TIME** | **CONTENT** | **TEACHING**  **METHOD** | **AREAS FOR CAUTION/MODIFICATIONS/AIDS**  **VARIATIONS** | **PURPOSE/RATIONALE/**  **BENEFITS** | **NOTES** |
| **Key for teaching Methods: VI = verbal instuction D = demonstration PA = practicing alongside** | | | | | |
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