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| **Post Lesson Reflection Evaluation (PLRE)** |
| **Student Teacher Name:****BWY Number:****Date:** |
| Assignment No. and Title: F2 & F3Teaching Practice Subject: Micro Teaching Practice of Basic Breathing & Guided Relaxation |
| *Ensure that you comment as much as you can on each item as a thorough reflective practice is essential to effective yoga teaching* |
| **In this lesson did I:** |  **Development Points for Future Teaching** |
| Keep to my lesson plan?  |  |
| Make changes to the lesson plan, and if so, what was the reason? |  |
| Find any changes to the lesson plan effected the overall balance of the session or the intended learning outcomes? |  |
| Observe students’ practice and offer encouragement/assistance as needed? |  |
| Pitch the level appropriately for the student group? |  |
| Set the timing and pace appropriately for the students; give the right time to explanation and practice? |  |
| Create an atmosphere of interest and involvement? |  |
| Speak clearly? Give instructions and make teaching points students were able to follow? |  |
| Ensure students watched demonstrations of new postures/teaching points? |  |
| Provide opportunities for all to participate fully? |  |
| Include an underlying principle/philosophy of yoga? |  |
|  Did anything go particularly well or not very well? If so what, and what can I learn from it? |
|  What changes would I make to the lesson if I were to teach it again? |