## Post Lesson Reflective Evaluation (Student Template)

These documents form evidence for the following learning outcome assessment criteria which should be considered when you are responding to the following prompts:

**Unit 3: Assessment Criteria 5.4** Reflect on and evaluate the effectiveness of own teaching making recommendations for modification as appropriate

**Unit 4: Assessment Criteria 6.1** Reflect on and evaluate the effectiveness of own teaching identifying areas of strength and areas for improvement.

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| **Name of Student Teacher: Date:** | |
| **Teaching practice subject:** | |
| *Try to ensure that you comment as much as you can on each of the following items as thorough reflective practice is essential to effective yoga teaching* | |
| **In this lesson did I:** | **Notes Upon Which to Base Future Development of Teaching.** |
| **Keep to my lesson plan? If I made changes what was the reason?**  **Did these changes have any effect on the overall balance of the lesson or the intended learning?** |  |
| **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?** | |