

Guidelines & Allocations for Assignments S3 Posture Profile & F1 Micro Teaching of Asana

Step 1: S3) Posture Profile

Using the template emailed to you, a copy of which is on our website, please slowly start to build your posture profile for the asana allocated to you below. If you are unsure concerning which version of your asana to concentrate upon please check with me before starting. Refer to the example posture profile for Uttanasana that has been given and also to the scans sent. You will also need to refer to our handouts – please note that handouts on cautions and vulnerable areas will come to you soon so please do what you can until these are made available.

Step 2: F1 A) Lesson Planning

Then once the posture profile has been passed using the information in your posture profile, write a detailed lesson plan for a 30 minute lesson leading to the chosen asana. Use the lesson plan template given and refer to the example lesson plan. Please note that for cautions you will need to give cautions and potential modifications/alternatives for general inflexibility and lack of strength plus those for lower back conditions/sciatica, knee conditions, neck conditions, wrist conditions and hypertension, although you can add others if you wish as a part of your active learning. We will look specifically at pregnancy soon so please do not include these until we have done so.

Step 3: F1 B) Micro Teaching Asana

Teach the 30 minute lesson based on your posture profile to your peers in the training environment. Assess if the learning outcomes have been achieved, and elicit feedback on your teaching from your peers; there will be a maximum 10 minute feedback session to be student teacher led.

Once you have received your teaching feedback form from the tutor please evaluate your teaching and write your reflections on the post lesson reflective evaluation form (PLRE) which will be at the end of the feedback form.

Asana Allocations & Guidelines

	S3 Posture Profile to be ready meeting:	Lesson Plan ready for Meeting:	To be taught meeting:	Asana	Name
1	7	8	9 4.07.21	Prasarita Padottanasana: Spread Leg Forward Pose	Hazel
2	7	8	9 4.07.21	Paschimottanasana West Stratch Pose	Amanda
3	7	8	10 1.08.21	Virabhadrasana I: Warrior I	Sandra
4	7	9	11 5.09.21	Parsvakonasana: Lateral Angle Pose	Ruth
5	8	10	12 3.10.21	Virabhadrasana II Warrior 2	Jackie
6	8	10	12 3.10.21	Utkatasana: Squat Pose	Carly
7	8	10	12 3.10.21	Shalabhasana: Locust Pose	Jayne
8	9	11	13 7.11.21	Adho Mukha Svanasana: Down facing Dog	Ashleigh
9	9	11	13 7.11.21	Setu Bandhasana: Bridge Pose	Alison
10	9	11	13 7.11.21	Supta Padangusthasana Reclining Hand to Big Toe Pose	Liz

11	10	12	14 5.12.21	Janusirsasana Head to Knee Pose	Jeanette
12	10	12	14 5.12.21	Dhanurasana Bow Pose	Karen
13	11	13	15 9.01.22	Gomukhasana Cows Head Pose	Maria
14	11	13	15 9.01.22	Vrksasana Tree Pose	Hannah
15	11	13	15 9.01.22	Parighasana Gate Pose	Mel
16	12	14	16 6.02.22	Sarvangasana Shoulderstand Pose	Kirsten
17	12	14	16 6.02.22	Baddha Konasana Pose Cobblers Pose	Paula
18	13	15	17 27.02.22	Upavistha Konasana Seated Angled Pose	Stacey

Timings: -

Please start your posture profile just as soon as you can using the scans I will send plus any information you may find in your own research. If you take any information from the internet ensure it is an expert authority, preferably also published such as Yoga Journal. Keep a note of material referred to so you can easily write up your bibliography at the end of the posture profile, remember to write it up as required [see **‘Student Written Assessment Guidelines’** in the assessment section of the website] and remember to include pages numbers where relevant.

As the course progresses after the first assessments are allocated where the student teachers will have a little less time to prepare, you will always get a reminder in our home study sheets regarding what is due. Generally speaking there will be a couple of months to complete your posture profile, followed by another couple of months to complete the lesson plan for your thirty minutes micro teaching practice.

There will soon be other assignments to do from our June meeting so make good use of your time in these early weeks!

Additional considerations for your Micro Asana Teaching Lesson Plan:

When writing the lesson plan remember to include:-

- Simple preparation that prepares the body for the peak posture you have
- Do not give too much information in the contents column, rather this is purely a memory aid
- Award more time on the plan to explore the peak posture and include at least one stage suitable for beginners/the less physically able.
- Throughout the plan the postures or movements chosen must link well together, flowing well between the bases i.e. from sitting to kneeling to standing etc.
- Ideally there is a good mixture of types of asana e.g. backbends, twists, forward bends, sidebends, balances etc.
- There must a simple counterpose or two after the peak pose for rebalance

A good way to approach the writing of your lesson plan is to refer to your posture profile to see which joints require mobilising, which muscles require lengthening and strengthening and decide upon some possible movements. Also see if there are any important teaching points for the peak posture that can be introduced a little sooner in the class.

Then bearing this in mind go to your mat and choose a starting point and see how your body would like to move. **The body is the best guide for this process or we can become too lost in the mind.** There is no perfect sequence just see what feels right.

Remember to keep it simple at this point in the course and ask if you need any help!