

Preparation for Final Teaching Assessment, LYTTG 18-20

This afternoon you are starting to prepare for your March final teaching assessment. You are beginning to plan a *general level* class suitable for *mixed ability* students. See the attached sheet for postures that you can choose from. You will co-plan a 1 hour class with a fellow trainee. You are each responsible for planning and delivering a 30 minute section of the class. You must communicate with your fellow trainee so that the 2 halves of the class complement each other, are coherent, show logical progression and flow.

Note that, due to numbers, 3 of you will teach a 1.5 hour class. In this case the three of you will have to communicate so that the 3 sections of the class complement each other, show progression and flow well.

Note that in the February weekend you will have time to liaise with the person you are co-planning with. You will also practice your teaching with a faculty member on hand to answer any questions and offer guidance around your teaching and planning. Your finalized class plans need to be submitted to Deb by Monday 3 March 2020.

At the February weekend you will be informed as to whether your final teaching assessment is on the Friday or Saturday, if it is a morning or afternoon session, and you will be given the exact time slot.

We ask that each of you provide a guest for the assessment if possible. Your guest should have at least a little yoga experience and no major injuries or health concerns. If this is not possible we will do our best to organize additional guests so that you will be teaching no more than 7 students during your assessment.

In March bring yourself (!), your guest, and 4 copies of your final 30 minute class plan (one for each assessor, one for the faculty member sitting in, and one for yourself).

Arrive at Clerkenwell 30 minutes before the morning or afternoon session begins. Leave plenty of time for travel. You will wait in the lounge until your allotted teaching slot. 2 directors/faculty will be present on each assessment day:

- One faculty member will sit in on the assessments. Note that they will be observing, not assessing. However they will provide context/further information to the assessors at the end of the day if necessary.
- The second faculty member will support the trainees outside whilst they wait.

A director will meet and greet visitors and make a note of any *minor* issues (e.g stiff back, sore shoulder etc). The director will inform the trainees and assessors if there is anything they need to be aware of regarding the guests in advance of each session. Note that this means each trainee will be informed before they start teaching and they do *not* have to ask each guest about general health at the beginning of their assessment.

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In studio 1 mats will be laid out in a horseshoe shape with each mat having blanket, belt, bolster and chair nearby.

The faculty member in Studio 1 will time your teaching and give you a warning 5 minutes before your allotted 30 minutes is up.

Provisional March schedule:

Fri AM: 11am – 12pm; 15 min break; 12.15 – 1.15pm

4 trainees teach 2 x 1 h classes (so guests will stay for 2 h)

Fri PM: 2 – 3.00pm; 3 – 3.15 break; 3.15 – 4.15

4 trainees teach 2 x 1 h classes (so guests will stay for 2 h)

Sat AM: 10 – 11; 11 – 11.15 break; 11.15 – 12.15

4 trainees teach 2 x 1 h class (so guests will stay for 2 h)

Sat PM: 1.30 – 3pm

2 trainees teach a 1 h class (so guests will stay for 1 h)