

UNIT-3.2

**Concept of teaching methodology & Teaching practice.
Techniques and modules used for preparing teaching Lessons plan
in yoga**

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3. Class Management

Classroom management is a term used by teachers to describe the process of ensuring that classroom lessons run smoothly despite disruptive behavior by students.

Aspects of Classroom Management :

a. Managing the Physical Environment

1. *Physical Condition of the Classroom*
2. *Lighting*
3. *Furniture Arrangement*
4. *Seating Arrangement*

b. Establishing Classroom Routine

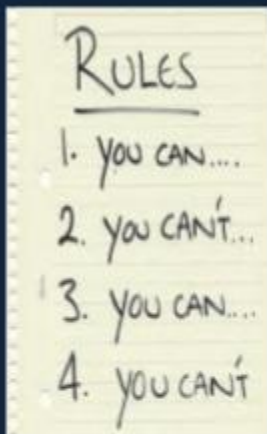
c. Directing and Controlling Learning

Beginners, Experienced, School children, Special attention group; all have different needs & should be managed accordingly

What classroom management **is**...

- Create an atmosphere of **freedom, friendliness**, mutual help & understanding
- Building strong, **positive** relationships with students
- Understanding the unique body and mindset
- Present lesson content in competent & stimulating fashion
- Understanding the multi-cultural and individual differences within a classroom
- Promoting a love for learning and success
- Presenting **engaging** instruction
- **Consistent and fair** discipline
- Well-practiced routines, Prepare well ..
- Stating simple and clear expectations for rules
- Staging appropriate interventions

What classroom management is **NOT**...



- Telling students what to do to make your life easier
- **Unengaging**
- Teaching lessons in the style you want to teach because it's easiest for you
- A **power struggle** between teacher/student
- Overlooking of adolescent / student needs
- Geared toward the teacher's preferences
- **Inconsistent** discipline or overlooking of problems
- Classroom favoritism
- Unplanned
- Full of numerous, illogical, **overbearing** rules and consequences

Class Management : General Guidelines

- Allow reasonable amount of time for special activities
- Avoid the use of threats
- Keep your sense of humor
- Compliment students on worthy contributions
- Handle calmly all undesirable attempts to attract attention
- Try to involve all students in class activities
- Always have planned alternate activities ready for emergency situations
- Never be sarcastic
- Implement group-oriented methodologies such as cooperative learning approach, peer tutoring and team learning

Class Management

Dealing with difficult students -

- Attention
- Warning
- Counseling
- Separation
- Student teacher relationship



Seating Arrangements

Instructions : clear, concise, well understood etc.

Discussions (Q/A session)

Extra Class / Practice

Better Classroom management



- Again, the answer is **training** and implementation in your classroom.
- Seek help from your seniors
- Seek professional development opportunities from administrators
- Pour through online resources and books
- Seek out effective teachers to observe and learn from

Teaching Methods !

4. Different Teaching Methods

- Lecturing
- Demonstrations
- Collaborating
 - Classroom discussions
 - Debriefing
- Directed practice method
- Project Method
- **No Method is Good or Bad**
- **No Simple Formula to choose a particular method**
- **Combination of methods**
- **Should stimulate creative thinking & independent thinking**

Merits & Demerits of Lecture Method

Merits :

- Convenient and usually makes the most sense, especially with larger classroom sizes
- Allows maximum control to teacher
- Presents minimal threats to student or teacher
- Lets professors address the most people at once, in the most general manner
- Gives the instructor or teacher chances to expose students to unpublished or not readily available material
- Cost effective
- Economy of time
- Teacher controls pace of presentation

Merits & Demerits of Lecture Method

Demerits :

- Students play a passive role which may hinder learning
- Attempt to cover too much material in given time
- An easy teaching method but a far less effective learning strategy
- It's mainly Theory and one way communication
- Experts are not always good teachers
- Can't have a feel/ experience
- 80% of lecture information forgotten one day later and 80% of remainder fades in one month
- Presumes that all students are learning at the same pace
- Lecturer's writing & speaking skills

Merits & Demerits of Lecture Method

Demerits :

- Classes tend to be too large for personalized instruction
- Creates passive learners
- Provides little feedback to learners
- Student attention wavers in less than 30 minutes
- Teacher attempts to teach all that he or she has learned in a lifetime about a subject in one hour
- Poorly delivered lecture acts as a disincentive for learning
- Affective learning rarely occurs

Lecture Method : Key Points

- Enthusiasm is key element
- Understand the content
- Use notes but do not read your lecture
- Speak clearly and loudly enough to be heard in the back of the room
- Make eye contact
- Use creative movement
- Create a change of pace
- Distribute a skeletal outline only if it helps the learner identify key points
- Lecturer must make constant and conscious effort to become aware of student problems and engage the students to give verbal feedback

Demonstrations

- Process of teaching through examples or experiments
- A demonstration may be used to prove a fact through a combination of visual evidence and associated reasoning
- Demonstrations are similar to written storytelling and examples in that they allow students to personally relate to the presented information
- The demonstrator/s must be well-selected
- When planning the activities make sure that the materials are easily available. Likewise, get prepared with possible substitutes
- The demonstrator must try the activity several times before the real demonstrations
- The demonstrator must be ready with on-the-spot revision/s such as alternative steps

Demonstrations ..contd

- Arrange the observers around the demonstration area or at a distance where they will be able to observe fully what is going on
- The place must be quiet in order to sustain the observers' attention and interest during the activity
- Extreme care must be taken in performing some delicate steps.
- The activity must not be interrupted by unnecessary announcements or noise in the surroundings
- Allow some questions which bothered them during the demonstration

Demonstrations

Advantages

- Gives a visual image to students
- It will not result to trial and error learning as what happens with unplanned learning activities
- Curiosity and keen observing ability are instilled among the observers

Collaborations

- Allows students to actively participate in the learning process by talking with each other
- Listening to other points of view
- Collaboration establishes a personal connection between students and the topic of study
- Helps students think in a less personally biased way
- E.g. Group projects and discussions
- Good tools to assess student's abilities to work as a team, leadership skills, or presentation abilities
- Teacher can give short feedback at the end or in the following lesson

Classroom / Group discussions

- The most common type of collaborative method of teaching in a class
- Must have clear objectives conveyed to class
- Preparatory work of students very important
- Physical environment must be appropriate
- Size of the group 10-20
- Discussion can be either facilitated by a teacher or by a student
- Set the ground rules for the discussion
- Teacher prepares some questions or statements to get the discussion going
- Allow for quiet times to process
- Ensure that quiet students have an opportunity to join the discussion
- Redirect group when they stray from topic
- Ensure the tone of the group is respectful

Classroom / Group discussions

- Be in tune with the feelings of the group and acknowledge them
- Evaluate the discussion by determining whether critical thinking occurred
- It is not the amount of discussion that occurred but the quality of the discussion that matters
- Effective classroom discussion can be achieved by probing more questions among the students, paraphrasing the information received, using questions to **develop critical thinking** with questions like "Can we take this one step further?;" "What solutions do you think might solve this problem?;" "How does this relate to what we have learned about..?;" "How does this relate to your own experience?;" "What do you think causes ?;" "What are the implications of ?"

Classroom / Group discussions

Advantages

- Meets principles of adult learning
- Excellent vehicle for affective content
- Allows less experienced learners to benefit from more experienced learners
- Can stimulate critical thinking
- Also a democratic way of handling a class, where each student is given equal opportunity to interact and put forth their views
- Enhances student understanding, add context to academic content, broaden student perspectives, highlight opposing viewpoints, reinforce knowledge, build confidence, and support community in learning

Classroom / Group discussions

Disadvantages

- Faculty may not feel in control
- Sometimes difficult to keep on track
- May be difficult to deal with emotions that arise
- Challenging to prevent some students from monopolizing the discussion
- Takes a great deal of preparation if done correctly
- Must be able to establish a climate of trust and respect

Debriefing

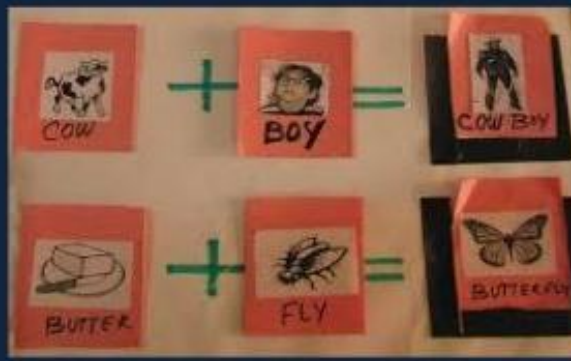
- The term “debriefing” refers to conversational sessions that revolve around the sharing and examining of information after a specific event has taken place
- It takes into consideration the experiences and facilitates reflection and feedback
- Debriefing may involve feedback to the students or among the students, but this is not the intent
- The intent is to allow the students to "thaw" and to judge their experience and progress toward change or transformation
- The intent is to help them come to terms with their experience.
- Students may have to be guided to completely debrief.

Directed practice method

- Out of class hours for revision, Practice, enhance skills and performance levels
- Practice at home – Asanas, Shuddhikriyas etc
- Out-of-class practice
- Success depends on student Interest, Motivation

Project Method

- To put into practice what they have learned
- Assignments
- Dissertation
- Industry internship
- Preparing models
- Seminars, Conferences
- Visit to well known Yoga centers



Teaching Aids !

6. Teaching Aids

Teaching Aids

We remember 20% of what we HEAR

We remember 30% of what we SEE

We remember 50% of what we SEE & HEAR

We remember 90% of what we SAY & DO

I hear, I forget

I see, I remember

I do, I understand

- Teaching aids are the tools that teachers use them in the classroom such as flash cards, maps, cassette and blackboard
- A teaching aid is a tool used by teachers to help learners improve reading and other skills, illustrate or reinforce a skill, fact, or idea, and relieve anxiety, fears, or boredom, since many teaching aids are like games

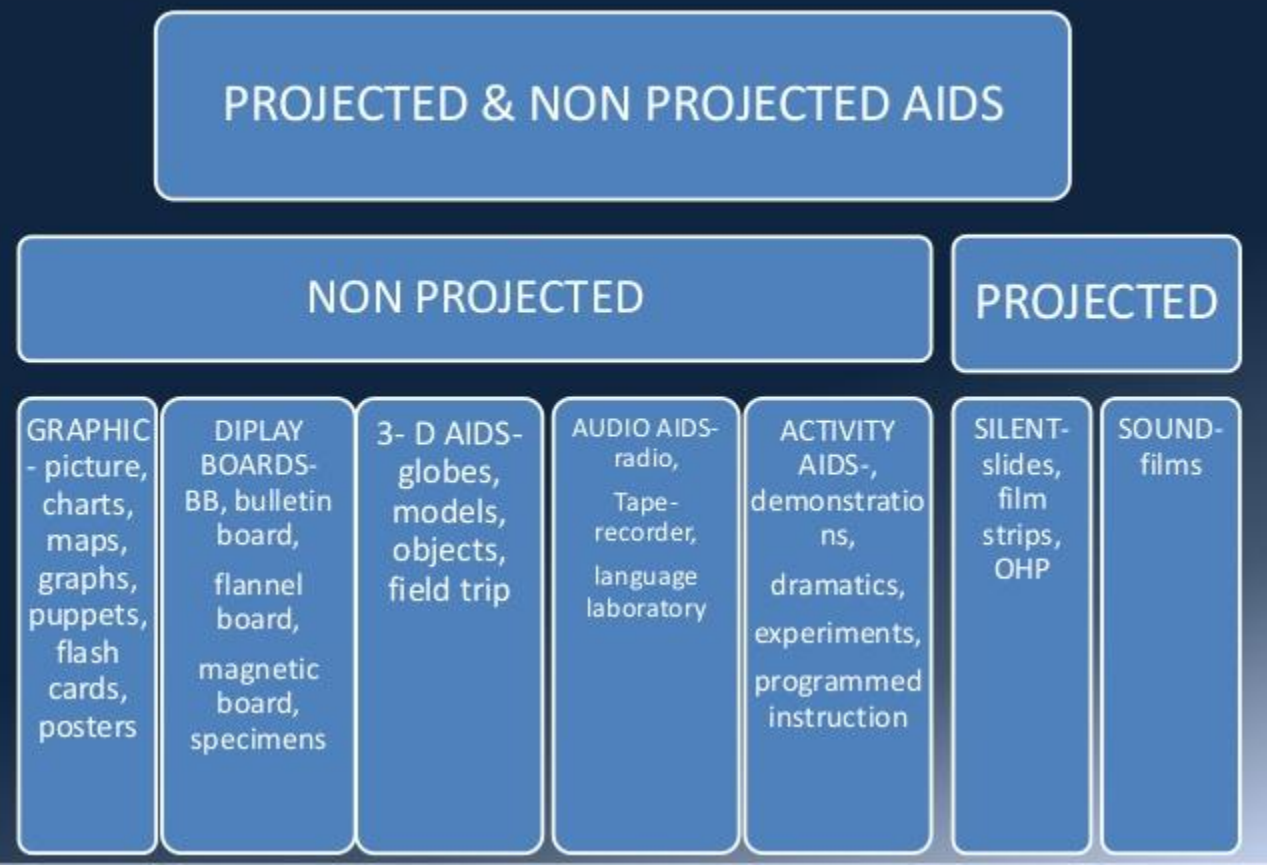
Categories of Teaching Aids

Categories :

- 1. Audio Aids
- 2. Visual Aid
- 3. Audio – Visual Aid

• A-V aid imply, anything by means of which learning process may be encouraged or carried on through the sense of hearing or the sense of sight

CLASSIFICATION OF AUDIO VISUAL AIDS



People generally
remember...
(learning activities)

10% of what they read

20% of what they hear

30% of what they see

50% of what
they see and
hear

70% of what they
say and write

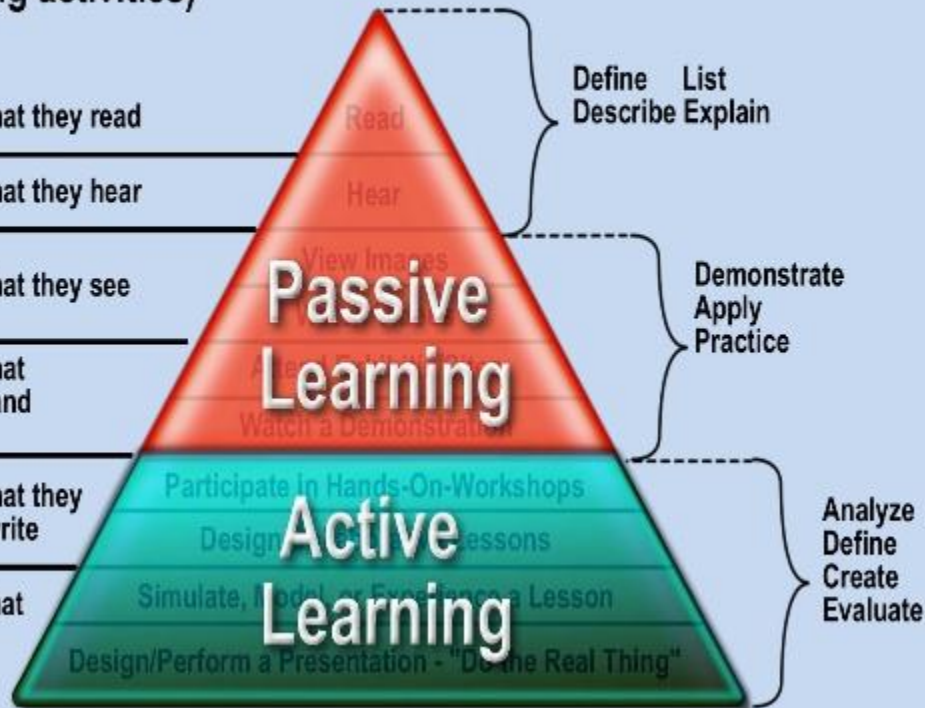
90% of what
they do.

People are able to...
(learning outcomes)

Define List
Describe Explain

Demonstrate
Apply
Practice

Analyze
Define
Create
Evaluate



NEED & IMPORTANCE

- Clarity
- Attention & interest
- Best motivators
- Use of maximum senses
- Saving time & effort
- Fixing and recalling the knowledge
- Encouraging activities
- Introductory variety
- Development of scientific attitude
- Direct experiences
- Promotion of international understanding

Principles of Selection

1. Educational value
2. Realization of objectives
3. Pupil centeredness
4. Interest and motivation
5. Simplicity
6. Relevancy and suitability
7. Accuracy
8. Encouragement
9. Well preparedness
10. Avoiding too many aids
11. Integration
12. availability of resources-
size of classroom,
finance, facilities,
experienced teachers

8. Lesson Planning :

Successful planning is necessary to achieve the objective of teaching i.e. to cause desirable change in the student.

Advantages of Lesson plan are :

1. It helps the teacher to organise his thinking
2. Increases the teacher's confidence and prevent him/her from losing direction during the lesson
3. Helps the teacher to keep the teaching procedure and objectives in mind
4. Ensures availability of necessary materials and saves last minute rush for arrangements and anxiety caused by such situations
5. Serves as an aid for future plans

Essentials of a good Lesson plan

1. Should be prepared shortly before use
2. Should be specific and detailed
3. Should take cognizance of individual differences
4. Should include
 1. Statement of objectives of the lesson
 2. Statement of materials needed
 3. Description of method and procedures to be used
 4. Provisions for linking previous and future plans to be used
 5. Provisions for comments by the teacher after the lesson

Method of Introducing and correcting Yoga Practices

1. Setting the atmosphere suitable for the lesson by prayer or prayerful mood
2. Introduction to the practice
 - a. Verbal Instructions
 - b. Demonstrations : to give complete picture
3. Analysing the whole performance into suitable parts or stages
4. Students individual practice time to get the feel
5. Group practice under the guidance & Supervision of the teacher
6. Detection& Correction of mistakes in the performance
7. Giving Instructions with emphasis on salient points
8. Repeat demonstrations with clear explanation of the various stages involved
9. Repeat practice by the group, discussion, modification, lead-up practices for weaker students
10. Complete rest in Shavasana in the end
11. Sum up points covered and Question/Answer session

Self Evaluation by the teacher !

Lesson Plans for -

- Asan
- Pranayam
- Kriyas
- Suryanamaskar

1. preparation- awareness, teacher's preparation, students participation
2. Proper presentation- handling, checking, timely presentation, avoiding distraction
3. Protection and preservation
4. Action
5. Follow up
6. Evaluation

Yoga Poses for Hips

LISTS ▾



Cow Face Pose
(GOMUKHASANA)



Half Lotus Pose
(ARDHA PADMASANA)



Cradle Pose



Happy Baby Pose
(ANANDA BALASANA)



Easy Pose
(SUKHASANA)



Warrior Pose II
(VIRABHADRASANA II)



Tree Pose
(VRKSHASANA)



Chair Pose
(UTKATASANA)



Reverse Warrior Pose
(VIPARITA VIRABHADRASANA)



Sun Salutation
(SURYA NAMASKAR)



Garland Pose
(MALASANA, UPAVESASANA)



Half Happy Baby Pose...
(ARDHA ANANDA BALASANA)



Anjali Mudra
(ANJALI MUDRA)



Cow Face Pose Variat...
(GOMUKHASANA VARIATIONS)



Cow Face Pose Variat...



Easy Pose Forward Be...



Firelog Pose Variati...



Half Chair Pose



Goddess Pose

Yoga Poses Library

PHYSICAL WELL-BEING

Arms
Back (Lower)
Back (Middle)
Belly
Calfs
Heart Openers
Eyes
Feet and Ankles
Hamstrings
Hip Openers
Knees
Neck
Quadriceps
Shoulders
Spine
Thighs
Wrists

LEVELS

Beginner
Intermediate
Advanced

POSITIONS

Standing
Sitting
Prone
Supine

TYPES

Back Bends
Balance
Forward Bends
Inversion
Meditative
Pranayama
Restorative
Side Bends
Strength
Stretch
Twist

Donna Freeman








Kids Yoga Lesson Plan Template




Theme/Goal			
Ages		Length	
Date		Location	
Welcome			
Breath Work			

LESSON PLAN 1






THEME: SEATED POSES

M	LESSON CONTENT	BENEFITS	STICK	VIDEO	ALTERNATIVE MODIFICATIONS PRECAUTIONS
10	Introduction & Yoga Principles - Five aims, On time, first easy, Effortless, tranquillity, body awareness, self love, emerging (no lactic acid), learn to relax = focus, breath in to energise & out to release into the posture.	Deeper awareness of the edges of yoga			
1	Savasana With Abdominal breathing 1) lie comfortably on back with legs/arms apart & feet to side & palms up; 2) Release lower back to floor; 3) close eyes; 4) Inhale let abdomen rise (breathes in/out through the nose); 5) exhale let abdomen fall; 6) Feel heavy/relaxed with each exhalation; 7) Sit in easy posture (to the right or spinal rock)	Tune into body: Calm Tranquil. Inner Peace Clarity		http://www.youtube.com/watch?v=...	(M) Knees up Blanket under Blanket under (A) Crocodile Child's pose
1	SAVASANA - Lying Arm Raises - 1) Lie in corpse with palms down; 2) Inhale & raise arms overhead & touch floor behind; 3) exhale bring arms to sides; 4) repeat 3 times	Flexibility in spine, shoulders			
1	Fish (Matsyasana) - 1) Lie on back; 2) place both arms under body - hands far as possible under thighs - palms down - elbows as far as possible under back; 3) Inhale lift chest high; 4) bend arms & arch back & carefully bend neck back (hold 30 sec); RELEASE: 5) push on elbows, lift head, lower back to floor. COUNTER IN CONFIDENCE POSE.	Awakens the spine. Increases lung capacity. Flexes upper spine, increases metabolism		http://www.youtube.com/watch?v=...	(A) heavy fish under back
1	Easy Posture (Sukhasana) 1) Sit with legs straight in front; 2) place hands on floor beside hips; 3) palms down & fingers pointed forward; 4) shake legs; 5) cross legs - left or right on top; 6) lower knees as far as is comfortable; 7) Lengthen spine by stretching back up; 8) rest palms on knees.	Flexibility in hips & spine. Improves posture. Use the breathing & meditation.		http://www.youtube.com/watch?v=...	(M) Pillow brass if knees (A) Thunder's Perfect, Eagle Boud Angle, Lotus
	Confidence Pose	Great counter pose to do after			

Beach Yoga Adventure

TIME	M	TEACHING STEPS	BENEFITS	STICK	VIDEO	MODIFICATIONS ALTERNATIVES PRECAUTIONS
Part I (Namaste To Active Magic Mat)						
		INTRODUCTION Hello everybody, my name is [XYZ]. This is your place for yoga, stories and fun. It's easy. Just copy the moves I do and enjoy the adventure. We're going to start by crossing our legs and sitting on our yoga mats (if you don't have a mat, imagine you're sitting on one).	Sitting with legs crossed increases flexibility in hips, spine. Improves posture. Use for breathing & meditation exercises.		http://george.watts.org/2010/08/02/easy-seated-yoga-pose	(M) Pillow under bum if knees are high. (A) Hero, Perfect, Lotus
		EYES ON ME Whenever I say "1, 2, 3, eyes on me", you say, " 1, 2, 3, eyes on you ," with your faces turned toward me and looking at my eyes. Let's give it a go...	Get attention of students at beginning of a class (or when students get distracted during a class).			
		NAMASTE We're going to say the magic words to turn your yoga mat into a magic flying mat. Ready. 1. 2. 3. " Namaste "...(bow head). When we greet one another with Namaste, the folded arms placed before the chest means, 'may our minds meet'. The bowing down of the head is a gracious form of extending friendship in love, respect and humility. Close your eyes.	Turn the ordinary yoga mat into a magic mat. Great to start any journey you want to take the kids on.		https://youtu.be/6ZnsrRh7T2o	(M) Say, "Om shanti shanti shanti." (for peace in body, speech, mind).

Pregnancy Yoga (Trimester 2) Lesson Plan

TIME	M	LESSON CONTENT	BENEFITS	STICK	VIDEO	ALTERNATIVES (A) MODIFICATIONS (M) PRECAUTIONS (P)
19:00	5	SLEEPING POSITION EXPERIMENTS Try experiment with sleeping positions that help you breathe more easily.... 1) Sleep semi-reclined, propped up on pillows or.... 2) Raise your head with an extra pillow while sleeping in the side-lying position.	Get a good night's rest.			(P) Check with doctor before practicing yoga.
19:05	5	CHILD CIRCLING POSE (Balasana) 1) Sit on heels. 2) Come onto all fours and spread knees and fingers. 3) Make a nice big circle all the way around. Give that baby a nice ride. Circle in other directions 4) Finish in child (wide knees and touch toes behind you and cross arms in front and rest forehead on arms).	Gives your baby space to rotate Great for early labour Loosens hips Helps back	   		(M) Use blanket under knees (P) Check with doctor before practicing yoga. (P) Don't



Children's Yoga Lessons
Sample Thematic Calendar

January	February	March
<p><u>Themes:</u> Winter Animals/Hibernation <u>Lesson Options:</u> "Brown Bear" (Winter Edition), "The Mitten"</p>	<p><u>Themes:</u> Chinese New Year, Valentine's Day, Groundhog Day <u>Lesson Options:</u> "The Mitten", "The Great Race" (Chinese New Year lesson), "Guess How Much I Love You"</p>	<p><u>Themes:</u> Easter, Spring, New Life, Dr. Seuss Day, St. Patty's Day <u>Lesson Options:</u> "Green Eggs and Ham", "Guess How Much I Love You", "Brown Bear, Brown Bear, What Do You See?", St. Patrick's Day Yoga Cards</p>
April	May	June
<p><u>Themes:</u> Weather, Spring, <u>Lesson Options:</u> "Little Cloud", "The Very Hungry Caterpillar"</p>	<p><u>Themes:</u> Summer, Life Cycles of Animals/Plants <u>Lesson Options:</u> "The Very Hungry Caterpillar", Mother Goose Nursery Rhymes Lesson</p>	<p><u>Themes:</u> Summer Adventures, Hiking, Surfing, Swimming <u>Lesson Options:</u> Summer Hiking, and Surfing Sequence Packets, "Ten Friendly Fish"</p>
July	August	September
<p><u>Themes:</u> Ocean, Travel/Transportation, Construction <u>Lesson Options:</u> "Ten Friendly Fish", "Pigeon Loves Things That Go", "The Diggers"</p>	<p><u>Themes:</u> Back to School, Autumn, All About Me (First Day back to school) <u>Lesson Options:</u> "The Mixed Up Chameleon", "Hooray for Autumn" Yoga/Creative Movement Booklet</p>	<p><u>Themes:</u> Fall Harvest, Farm Animals <u>Lesson Options:</u> "We're Going on a Leaf Hunt", "Hooray for Autumn" Yoga/Creative Movement Booklet, Farm Animal Yoga Cards</p>
October	November	December
<p><u>Themes:</u> Fall, Halloween <u>Lesson Options:</u> "Room on the Broom", "There Was an Old Lady Who Swallowed a Fly", Halloween Yoga/Creative Movement Cards</p>	<p><u>Themes:</u> Fall Harvest, Thanksgiving, Animals Preparing for Winter <u>Lesson Options:</u> "Fletcher and the Falling Leaves", "Brown Bear" (winter edition)</p>	<p><u>Themes:</u> Winter, Snow, Christmas <u>Lesson Options:</u> "Olive the Other Reindeer", "Winter Wonderland" Yoga/Creative Movement Booklet, "The Mitten"</p>



FREE Kids Yoga Posters!

OCEAN YOGA



I am a jellyfish.
STANDING FORWARD BEND



I am a shark.
LOCUST POSE



I am a dolphin.
DOLPHIN POSE



I am a crab.
TABLE TOP POSE



I am a turtle.
TORTOISE POSE

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SUPERHERO YOGA



I am brave.
WARRIOR 1 POSE



I am strong.
WARRIOR 2 POSE



I am peaceful.
PEACFUL WARRIOR POSE



I am kind.
WARRIOR 3 POSE



I am a superhero!
HALF MOON POSE

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CALM DOWN YOGA for kids



I am strong.
WARRIOR 2 POSE



I am kind.
TREE POSE



I am brave.
CHAIR POSE



I am friendly.
DOWNWARD-FACING DOG POSE



I am wise.
HERO POSE

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These are some samples or guide to create your own lesson plan on a given topic just to give you some idea.

Please recall the lesson planning class and remember important points before preparing a lesson plan at your own.



YOGA



Thank You!



Thank You!



Thank You!



Thank You!



Thank You!



Thank You!

