

Name: Mrs. Woods		Grading Quarter: 1	Week Beginning: 10/02/23
School Year: 23-24		Subject: Yoga Fusion	
Monday	Notes:	<p>Objective: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview: Practice/mastery of the following yoga poses: Downward dog, child's pose, low lunge, high lunge, tree pose, cat/cow, cobra pose, sphinx pose, sun salutation Follow/end with 5 minutes of breathwork and a positive affirmation.</p>	<p>Academic Standards:</p> <p>S1.H3.L1 Fitness Activities Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.</p>
Tuesday	Notes:	No class	Academic Standards:
Wednesday	Notes:	<p>Objective: Students will show mastery of basic yoga poses in the performance midterm.</p> <p>Lesson Overview: Performance midterm – In pairs, students will take turns leading the class in yoga for at least 3 minutes and doing at least 6 different poses that “flow” in to each other. Written midterm – multiple choice and short answer</p>	<p>Academic Standards:</p> <p>Fitness Activities Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.</p>
Thursday	Notes:	<p>Objective: Students will be able to process negative emotions and stress through guided meditation.</p> <p>Lesson Overview: Journaling – Reflection on the first quarter of the school year. What has gone well? What would you change? What do you want to be difference in the next quarter? Guided meditation</p>	<p>Academic Standards:</p> <p>S1.H3.L1 Stress Management Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.</p>

Friday	Notes:	No class	Academic Standards:
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