

Name: Woods		Grading Quarter:1	Week Beginning: 8/1/23
School Year: 23-24		Subject: Yoga Fusion	
Monday	Notes:	NO SCHOOL	Academic Standards:
Tuesday	Notes:	<p>Objective: Introduction to course</p> <p>Lesson Overview:</p> <p>Hand out course outline Take course questionnaire Demo: breathing exercises for mindfulness (e.g. box breathing)</p>	<p>Academic Standards: S3.H14.L1</p> <p>Stress Management Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.</p>
Wednesday	Notes:	<p>Objective: Mindfulness, Meditation, and Relaxation</p> <p>Lesson Overview:</p> <p>Journaling: Free write – How are you feeling about the start of the new school year? Do you like your classes and teachers? Do you have a few good friends to help you through the day? Do you feel relieved at the end of the day, or do you want to stay instead of going home?</p> <p>Finish with video (Guided meditation with Lavendaire): <a href="https://www.youtube.com/watch?v=cyMxWXIX9sU">https://www.youtube.com/watch?v=cyMxWXIX9sU</a></p>	<p>Academic Standards: S3.H14.L2</p> <p>Stress Management Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.</p>

Thursday	Notes:	<p>Objective: Practice Yoga</p> <p>Lesson Overview:</p> <p>Learn several basic poses:</p> <p>Cobra Pose (Bhujangasana)</p> <p>Warrior Pose (Virabhadrasana)</p> <p>Mountain Pose (Tadasana)</p> <p>Tree Pose (Vrksasana)</p> <p>Child's Pose (Darnikasana)</p> <p>Simple Twist (Ardha Matsyendrasana)</p> <p>Cat-Cow (Bitilasana Marjaryasana)</p> <p>Butterfly Pose (Baddha Konasana)</p> <p>One Leg Seated Forward Bend (Janu Sirasana)</p> <p>Downward Dog Pose (Adho Mukha Svanasana)</p> <p>Extended Foot Pose (Padottanasana)</p> <p>Sun Salutation (Surya Namaskar)</p> <p>Half Locust/Locust Pose (Salabhasana)</p> <p>Shoulder Stand (Sarvangasana)</p> <p>Plow Pose (Halasana)</p> <p>Fish Pose (Matsyanasana)</p> <p>Extended Side Angle Pose (Utthita Parsvakonasana)</p> <p>Lying Twist (Jathara Parivartanasana)</p> <p>Straddle/Wide Leg Seated Forward Bend (Upavistha Konasana)</p> <p>Camel Pose (Ustrasana)</p> <p>Dancer Pose (Natarajasana)</p> <p>Eagle Pose (Garudasana)</p> <p>Corpse Pose (Savasana)</p>	<p>Academic Standards:</p> <p>S1.H3.L1</p> <p>Fitness Activities</p> <p>Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.</p>
Friday	Notes:	<p>Objective: Decorate the classroom</p> <p>Lesson Overview:</p> <p>Students will create "positive affirmation" posters to decorate the walls of the classroom.</p>	<p>Academic Standards:</p> <p>S4.H4.L2</p> <p>Working with Others Accepts others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects.</p>