

Name: Woods		Grading Quarter:1	Week Beginning: 8/7/23
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:</p> <p>Learn several basic poses: Cobra Pose (Bhujangasana) Warrior Pose (Virabhadrasana) Mountain Pose (Tadasana) Tree Pose (Vrksasana) Child's Pose (Darnikasana) Simple Twist (Ardha Matsyendrasana) Cat-Cow (Bitilasana Marjaryasana) Butterfly Pose (Baddha Konasana) One Leg Seated Forward Bend (Janu Sirasana) Downward Dog Pose (Adho Mukha Svanasana) Extended Foot Pose (Padottanasana) Sun Salutation (Surya Namaskar)</p> <p>Use Breathe and Flow video on youtube to guide practice: https://www.youtube.com/watch?v=aK7xLg5m2fY</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:	<p>Objective: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview:</p> <p>Learn several basic poses: Cobra Pose (Bhujangasana) Warrior Pose (Virabhadrasana) Mountain Pose (Tadasana) Tree Pose (Vrksasana) Child's Pose (Darnikasana) Simple Twist (Ardha Matsyendrasana) Cat-Cow (Bitilasana Marjaryasana) Butterfly Pose (Baddha Konasana) One Leg Seated Forward Bend (Janu Sirasana) Downward Dog Pose (Adho Mukha Svanasana) Extended Foot Pose (Padottanasana) Sun Salutation (Surya Namaskar)</p> <p>Use Breathe and Flow video on youtube to guide practice: https://www.youtube.com/watch?v=yetbSrCW1TQ</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>
Wednesday	Notes:	<p>Objective: Students will be able to process negative emotions and stress through guided meditation.</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? Finish with video (Guided meditation with Lavendaire): https://www.youtube.com/watch?v=cyMxWXIX9sU</p>	<p>Academic Standards:</p> <p>S3.H14.L2 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: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview:</p> <p>Learn several basic poses: Cobra Pose (Bhujangasana) Warrior Pose (Virabhadrasana) Mountain Pose (Tadasana) Tree Pose (Vrksasana) Child's Pose (Darnikasana) Simple Twist (Ardha Matsyendrasana) Cat-Cow (Bitilasana Marjaryasana) Butterfly Pose (Baddha Konasana) One Leg Seated Forward Bend (Janu Sirasana) Downward Dog Pose (Adho Mukha Svanasana) Extended Foot Pose (Padottanasana) Sun Salutation (Surya Namaskar)</p> <p>Use Breathe and Flow video on youtube to guide practice: https://www.youtube.com/watch?v=M3NhAZ94ldU</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>
Friday	Notes:	No School	Academic Standards: