Name: Woods			Grading Quarter:1	Week Beginning: 8/7/23	
School Year: 23-24			Subject: Yoga Fusion		
Monday	Notes:	Lesson Overview: Learn several basic Cobra Pose (Bhuja Warrior Pose (Vira Mountain Pose (Ta Tree Pose (Vrksasa Child's Pose (Darni Simple Twist (Ardh Cat-Cow (Bitilasan Butterfly Pose (Bac One Leg Seated Fo Downward Dog Po Extended Foot Pos Sun Salutation (Sui Use Breathe and F	ngasana) bhadrasana) idasana) ina) ikasana) ia Matsyendrasana) ia Marjaryasana) iddha Konasana) rward Bend (Janu Sirasar ise (Adho Mukha Svanasa ie (Padottanasana)	na) nna) guide practice:	Academic Standards: 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.

	Notes:	Objective: Students will be able to demonstrate several	Academic Standards:
		basic yoga poses.	S1.H3.L1
			Fitness Activities Demonstrates
		1	competency in one or more
		Lesson Overview:	specialized skills to include
		Learn several basic poses:	demonstration, application and
		Cobra Pose (Bhujangasana)	evaluation in health and skill-
		Warrior Pose (Virabhadrasana)	related fitness activities.
		Mountain Pose (Tadasana)	
		Tree Pose (Vrksasana)	
Tuesday		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)	
		Use Breathe and Flow video on youtube to guide practice:	
		https://www.youtube.com/watch?v=yetbSrCW1TQ	
Wednesday	Notes:	Objective: Students will be able to process negative	Academic Standards:
		emotions and stress through guided meditation.	S3.H14.L2
			Stress Management Applies
		Lesson Overview:	stress-management strategies (e.g., mental imagery, relaxation
			techniques, deep breathing,
		Journaling: Free write – How are you feeling about the start	aerobic exercise, meditation) to
		of the new school year? Do you like your classes and	reduce stress.
		teachers? Do you have a few good friends to help you	1 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
		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	

	Notes:	Objective: Students will be able to demonstrate several	Academic Standards:	
		basic yoga poses.	S1.H3.L1	
			Fitness Activities Demonstrates	
		Lesson Overview:	competency in one or more specialized skills to include demonstration, application and	
		Learn several basic poses: Cobra Pose (Bhujangasana) Warrior Pose (Virabhadrasana)	evaluation in health and skill- related fitness activities.	
		Mountain Pose (Tadasana)		
 		Tree Pose (Vrksasana)		
Sar		Child's Pose (Darnikasana)		
Thursday		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)		
		Use Breathe and Flow video on youtube to guide practice:		
		https://www.youtube.com/watch?v=M3NhAZ94IdU		
	Notes:	No School	Academic Standards:	
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Friday				
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