

Name: Woods		Grading Quarter:1	Week Beginning: 8/21/23
School Year: 23-24		Subject: Yoga Fusion	
Monday	Notes:	Students will be able to improve strength and flexibility through practicing Pilates. Lesson Overview: The 34 Joseph Pilates Exercises 1. Hundred Pilates Exercise 2. Roll Up Pilates Exercise 3. Roll Over Pilates Exercise 4. One Leg Circles Pilates Exercise 5. Rolling Back Pilates Exercise 6. One Leg Stretch Pilates Exercise 7. Double Leg Stretch Pilates Exercise 8. Spine Stretch Pilates Exercise 9. Rocker With Open Legs Pilates Exercise 10. Cork Screw Pilates Exercise 11. Saw Pilates Exercise 12. Swan Dive Pilates Exercise 13. One Leg Kick Pilates Exercise 14. Double Leg Kick Pilates Exercise 15. Neck Pull Pilates Exercise 16. Scissors Pilates Exercise 17. Bicycle Pilates Exercise 18. Shoulder Bridge Pilates Exercise 19. Spine Twist Pilates Exercise 20. Jack Knife Pilates Exercise 21. Side Kick Pilates Exercise 22. Teaser Pilates Exercise 23. Hip Twist Pilates Exercise 24. Swimming Pilates Exercise 25. Leg Pull Front Pilates Exercise 26. Leg Pull Pilates Exercise 27. Side Kick Kneeling Pilates Exercise 28. Side Bend Pilates Exercise 29. Boomerang Pilates Exercise 30. Seal Pilates Exercise 31. Crab Pilates Exercise 32. Rocking Pilates Exercise 33. Control Balance Pilates Exercise 34. Push Up Pilates Exercise Use Move with Nicole video on youtube to guide practice: https://www.youtube.com/@MoveWithNicole	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.

Tuesday	Notes:	Objective: Students will be able to demonstrate several basic yoga poses. Lesson Overview: 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) Use Breathe and Flow video on youtube to guide practice: https://www.youtube.com/watch?v=aK7xLg5m2fY	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.
Wednesday	Notes:	Objective: Students will be able to process negative emotions and stress through guided meditation. Lesson Overview: Discussion: Stress Levels 1) Green – confident, ready for challenges 2) Yellow – distracted, exhausted 3) Orange – easily angered, overwhelmed, physically ill 4) Pink – hopeless, unable to continue, unable to eat/sleep. Seek professional help! Journaling: What is your current stress level? Do you feel ready to tackle challenges or do you feel like you can't handle the difficulties in your life? Finish with video (Guided meditation with Lavendaire): https://www.youtube.com/watch?v=cyMxWXIX9sU	Academic Standards: S3.H14.L2 Stress Management Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.

Thursday	Notes:	Objective: Students will be able to demonstrate several basic yoga poses. Lesson Overview: 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) Use Breathe and Flow video on youtube to guide practice: https://www.youtube.com/watch?v=M3NhAZ94ldU	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.
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Friday	Notes:	Students will be able to improve strength and flexibility through practicing Pilates. Lesson Overview: The 34 Joseph Pilates Exercises 1. Hundred Pilates Exercise 2. Roll Up Pilates Exercise 3. Roll Over Pilates Exercise 4. One Leg Circles Pilates Exercise 5. Rolling Back Pilates Exercise 6. One Leg Stretch Pilates Exercise 7. Double Leg Stretch Pilates Exercise 8. Spine Stretch Pilates Exercise 9. Rocker With Open Legs Pilates Exercise 10. Cork Screw Pilates Exercise 11. Saw Pilates Exercise 12. Swan Dive Pilates Exercise 13. One Leg Kick Pilates Exercise 14. Double Leg Kick Pilates Exercise 15. Neck Pull Pilates Exercise 16. Scissors Pilates Exercise 17. Bicycle Pilates Exercise 18. Shoulder Bridge Pilates Exercise 19. Spine Twist Pilates Exercise 20. Jack Knife Pilates Exercise 21. Side Kick Pilates Exercise 22. Teaser Pilates Exercise 23. Hip Twist Pilates Exercise 24. Swimming Pilates Exercise 25. Leg Pull Front Pilates Exercise 26. Leg Pull Pilates Exercise 27. Side Kick Kneeling Pilates Exercise 28. Side Bend Pilates Exercise 29. Boomerang Pilates Exercise 30. Seal Pilates Exercise 31. Crab Pilates Exercise 32. Rocking Pilates Exercise 33. Control Balance Pilates Exercise 34. Push Up Pilates Exercise Use Move with Nicole video on youtube to guide practice: https://www.youtube.com/@MoveWithNicole	Academic Standards: Fitness Activities Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.
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