

Name: Mrs. Woods		Grading Quarter: 2	Week Beginning: 10/30/23
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:	<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>
Wednesday	Notes:	<p>Objective: Students will be able to process negative emotions and stress through guided meditation.</p> <p>Lesson Overview: Journaling: What things are you feeling grateful for today? Continue class "gratitude" tree by adding another leaf. Guided meditation with Lavendaire on Youtube</p>	<p>Academic Standards:</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: 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>

Friday	Notes:	<p>Objective: Students will be able to demonstrate basic self-defense tactics.</p> <p>Lesson Overview:  Special guest in class  Students will learn basic strikes and kicks.  Students will practice with each other and demonstrate on the instructor in front of the class.</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>
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