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| Name: Mrs. Woods | | Grading Quarter: 2 | Week Beginning: 11/20/23 |
| 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: | No school | Academic Standards: |
| Thursday | Notes: | No school | Academic Standards: |

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| Friday | Notes: | No school | Academic Standards: |
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