

Grade 9-12

Distance Learning Module 8: Week of: May 26<sup>th</sup> – May 29<sup>th</sup>

## Grade 10 Physical Education *Yoga*

### Targeted Goals from Stage 1: Desired Results

- Identify stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.45 (S3.H14.L1)
- Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.47 (S4.H1.L1)
- Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve the performance of self and/or others in a selected skill.27 (S2.H2.L1)

**Skills:** Flexibility, Focus, Breathing, Strength

**Expectation:** Exploration, participation and design

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday:	Memorial Day	No School
Tuesday: Yoga Intro to yoga, benefits, scaling/modifications (follow along with proper form video)  Please work through the 4 minute video of how to perform <b>Basic Salutations the right way.</b> Guided by Visual provided in Resources: 20 Basic Yoga Poses - 2 to 3 times through	➤ Adopt a beginner's mind ➤ Learn to listen to your body (pay attention) ➤ Do your own pose (what is comfortable for you) ➤ Come out of the pose when you need to ➤ BREATHE  Follow along Sun Salutation: YouTube video: How To Do A Sun	Which poses were most challenging for you and why? Which poses seemed easy for you and why? What does that tell you about your mobility and/or strength?

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
	Salutation   The Right Way   Well+Good	
<p>Wednesday: Find a yoga sequence on YouTube, any Yoga App such as Down Dog, or any other online resource. Your practice must be at least 20 minutes long.</p>		<p>Where did you find your Yoga Sequence?</p> <p>Why did you choose this particular sequence?</p> <p>How did you feel after practicing/following along with this sequence?</p>
<p>Thursday: Culminating Yoga Assignment-<b>Design and Practice</b> Designed to help you create your own Yoga Sequence to fit your needs based on your level of flexibility, strength, or areas of the body that may need attention (tight hamstrings, upper/lower back that needs care, etc....).  See attached (link) to assignment and details</p>	<p>Culminating Yoga Assignment (Thursday and Friday)</p> <p>See document posted in Google classroom</p>	<p>Please use the linked assignment and when complete post in google classroom.</p>
<p>Friday: Culminating Yoga Assignment-<b>Perform and DUE</b> Designed to help you create your own Yoga Sequence to fit your needs based on your level of flexibility, strength, or areas of the body that may need attention (tight hamstrings, upper/lower back that needs care, etc..).</p>		<p>Please use the linked assignment and when complete post in google classroom.</p>

**Week criteria for success** (attach student checklists or rubrics):

**Supportive resources and tutorials for the week** (plans for re-teaching): resources are posted in Google Classroom