

Grade 7

Distance Learning Module 6: Week of May 11<sup>th</sup> - May 15<sup>th</sup>

## 7th Grade Healthy Living

**Targeted Goals from Stage 1:** Create a Yoga Routine

**Expectation:** Students will create a 5 min yoga routine and video tape it.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday:		
Tuesday: Students practice teaching their yoga class.	See link posted in Google classroom	See link posted in Google classroom
Wednesday:		
Thursday: Students will record and submit their yoga class	See link posted in Google classroom	Students will submit their recorded yoga class See link posted in Google classroom
Friday:		

### Week criteria for success

See link posted in Google classroom

### Supportive resources and tutorials for the week

Yoga For Beginners | 30 Minute Teens Yoga Class with Yoga Ed