


WIS Phys Ed Remote Learning Assignment

Week 2 - YOGA FITNESS

Check out this cool website! <https://kidshealth.org/en/teens/yoga-home.html?WT.ac=ctg#catalcohol>

1. Watch the videos for all 5 Yoga Poses so you know how to do each one safely and correctly. Practice while you watch!
2. Monday's pose order is already typed in for you! Type in poses yourself for the rest of the week.
 - a. For Tuesday, Wednesday, Thursday, and Friday - use the SAME poses and mix up the order!
3. Get into the first pose and when you're balanced, try to hold it for 20 seconds without falling over or moving.
4. Then get into the second pose and try to hold it for 20 seconds. And so on...
5. Take your time getting into each pose - make sure you are balanced before counting your 20 seconds! Stay focused!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st Yoga Pose	<i>Downward Dog</i>				
2nd Yoga Pose	<i>Child's Pose</i>				
3rd Yoga Pose	<i>Hero</i>				
4th Yoga Pose	<i>Squat</i>				
5th Yoga Pose	<i>Sphinx</i>				
Answer the daily question 	Which pose was most difficult to hold for 20 seconds?	Which pose was the easiest to hold for 20 seconds?	Did you type the easier or difficult poses first? Or did you mix them up?	Which pose is your favorite? Why is it your favorite?	Look back at Monday's answer. Is that pose STILL the most difficult? Why or why not?

