

LET'S YOGA!



- ***“NAMASTE” …means union of the mind, body, and spirit, good day and to be well.***
- ***It is often said at the end of class to wish participants “a good day”.***



- ***The ultimate goal of yoga is to achieve a state of balance and harmony between mind and body, and improve your fitness by getting stronger, developing more cardiovascular endurance and flexibility.***



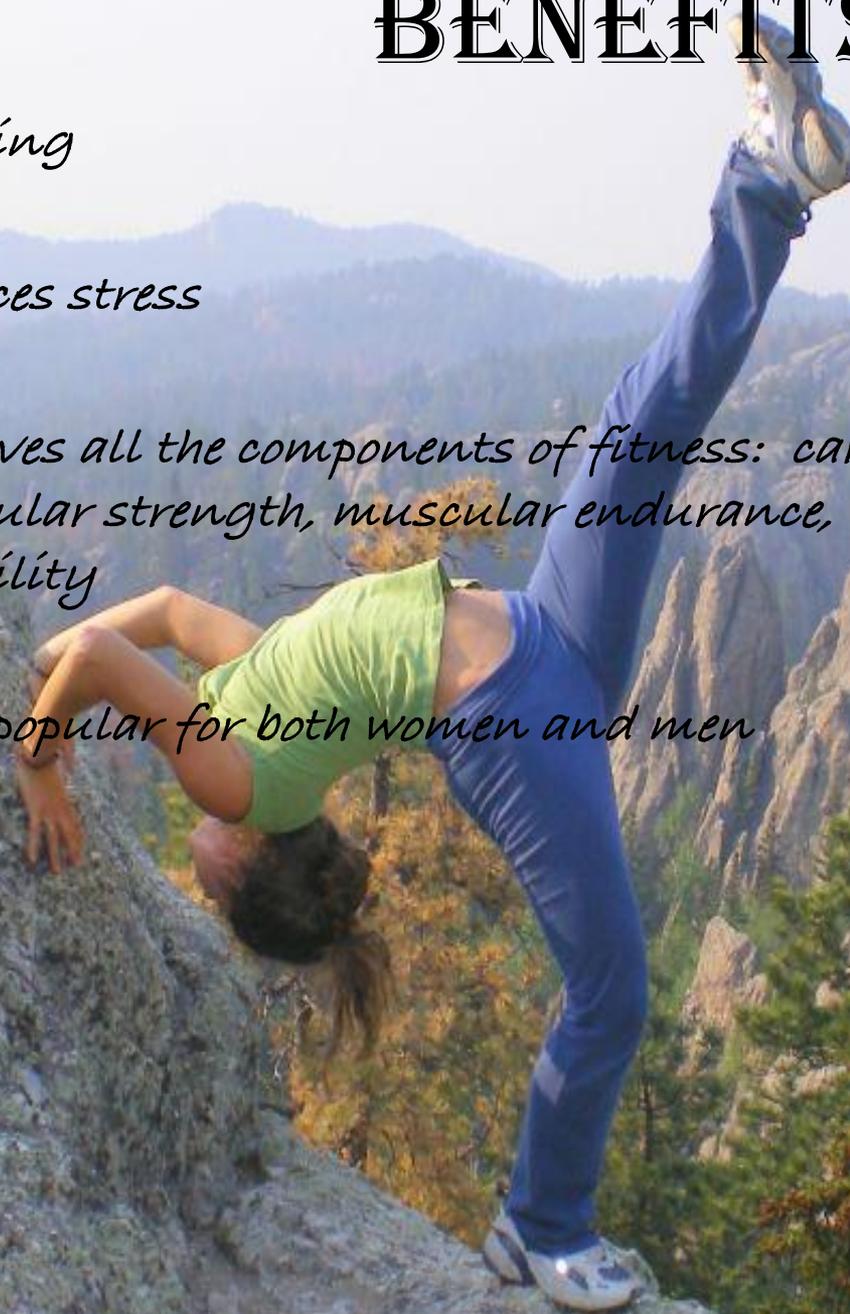
# HOW COOL!

- Evidence that yoga was practiced as early as 5,000 years ago.



# BENEFITS

- *Calming*
- *Reduces stress*
- *Improves all the components of fitness: cardiovascular endurance, muscular strength, muscular endurance, body composition and flexibility*
- *Very popular for both women and men*



# LEARNING TARGETS FOR OUR UNIT



1. I will show correct technique.
2. I will be able to demonstrate responsible social behavior.
3. I will be able to teach a sequence of poses to my peers.
4. I will be able to demonstrate muscular strength and endurance, cardiovascular endurance and flexibility throughout all the workouts.

## DAY 1

- 1) SUN SALUTATION WARM-UP WITH THE "YOGA STUDIO" APP (12 MIN)
- 2) TABATA YOGA (20 MIN)
- 3) BEGINNER COMBINATION (30 MIN)
- 4) RELAXATION (5 MIN)
- 5) THE IMPORTANCE OF WATER



# TABATA YOGA-MODERATE INTENSITY LEVEL

- **POSE**

- 1. Down dog
- 2. Tree R up
- 3. Warrior 1 R forward
- 4. Reverse plank
- 5. Cradle the baby R
- 6. Forward fold standing
- 7. Push-up hold
- 8. Plank with leg extension R
- 9. Chair
- 10. Cobra

- **POSE**

- Up dog
- Tree L up
- Warrior 1 L
- Forward plank
- Cradle the baby L
- Forward fold sitting
- Table top
- Plank with leg extension L
- Superman/superwoman
- Static squat

# WHY DRINK WATER?

1. Helps to lose weight

2. Healthy Skin

3. Fights Infection

4. Get rid of Body  
Toxins

5. Healthy Heart



6. Prevent Joint Pain  
& Arthritis

7. Boost Energy

8. Prevent  
Constipation

9. Reduce risk of  
Cancer

10. Improves  
Productivity

2 CHALLENGES...

1. CARRY A WATER BOTTLE

2. DRINK 64 OUNCES...THERE IS 8 OUNCES IN A GLASS.

# DAY 2

- 1) SUN SALUTATION WARM-UP WITH THE “YOGA STUDIO” APP (12 MIN)
- 2) GOAL POSE
- 3) TABATA YOGA (20 MIN) SKILLS ASSESSMENT/PARTNER PRACTICE
- 4) WATER CHALLENGE (WATER BOTTLE AND 64 OUNCES)
- 5) INTERMEDIATE WORKOUT (30 MIN)
- 6) RELAXATION (5 MIN)
- 7) THE IMPORTANCE OF DOING SOMETHING GOOD FOR YOURSELF

## YOGA UNIT LEARNING TARGET REMINDERS

I will show correct technique.

I will be able to demonstrate responsible social behavior.

I will be able to teach a sequence of poses to my peers.

I will be able to demonstrate muscular strength and endurance, cardiovascular endurance and flexibility throughout all the workouts.



# My “goal” pose



# TABATA SKILLS ASSESSMENT

Achievement Level	Level Descriptor	
0	The student does not reach a standard described by any of the descriptors below.	
1-2	<ul style="list-style-type: none"> <li>i. Recalls some skills and techniques</li> <li>ii. Recalls some strategies and movement concepts</li> <li>iii. Applies information to perform with limited success</li> </ul>	<ul style="list-style-type: none"> <li>*Rarely works at intensity from one pose to another with mental focus</li> <li>*Rarely tries to achieve perfect form</li> <li>*Rarely is socially responsible</li> <li>*Rarely works at improving fitness</li> </ul>
3-4	<ul style="list-style-type: none"> <li>i. Recalls skills and techniques</li> <li>ii. Recalls strategies and movement concepts</li> <li>iii. Applies information to perform</li> </ul>	<ul style="list-style-type: none"> <li>*Sometimes works at intensity from one pose to another with mental focus</li> <li>* Sometimes tries to achieve perfect form</li> <li>* Sometimes socially responsible</li> <li>* Sometimes works at improving fitness</li> </ul>
5-6	<ul style="list-style-type: none"> <li>i. Recalls and applies skills and techniques</li> <li>ii. Recalls and applies a range of strategies and movement concepts</li> <li>iii. Applies information to perform effectively</li> </ul>	<ul style="list-style-type: none"> <li>*Mostly works at intensity from one pose to another with mental focus</li> <li>*Mostly tries to achieve perfect form</li> <li>*Mostly socially responsible</li> <li>*Mostly works at improving fitness</li> </ul>
7-8	<ul style="list-style-type: none"> <li>i. Recalls and applies a range of skills and techniques</li> <li>ii. Recalls and applies a range of strategies and movement concepts</li> <li>iii. Recalls and applies information to perform effectively</li> </ul>	<ul style="list-style-type: none"> <li>*Always works at intensity from one pose to another with mental focus</li> <li>*Always tries to achieve perfect form</li> <li>*Always socially responsible</li> <li>*Always works at improving fitness</li> </ul>

# TABATA YOGA-MODERATE INTENSITY LEVEL

- **POSE**

- 1. Down dog
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- 9. Chair
- 10. Cobra

- **POSE**

- Up dog
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- Warrior 1 L
- Forward plank
- Cradle the baby L
- Forward fold sitting
- Reverse table top
- Plank with leg extension L
- Superman/superwoman
- Static squat

## WHAT DO YOU DO FOR RELAXATION?

If you neglect to charge a battery, it dies. And if you run full speed ahead without stopping for water, you lose momentum to finish the race.

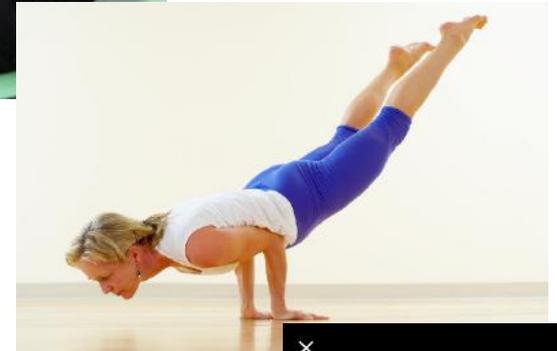
- Oprah Winfrey

## DAY 3

- 1) SUN SALUTATION WARM-UP WITH THE “YOGA STUDIO” APP (12 MIN)
- 2) THE IMPORTANCE OF NUTRITION, REVISIT-DO SOMETHING GOOD FOR YOU/WATER CHALLENGE
- 3) “GOAL” POSE
- 4) ADVANCED STRENGTH (15 MIN)  
6<sup>TH</sup>= ADVANCED STRENGTH ONLY
- 5) ADVANCED FLEXIBILITY (30 MIN)
- 6) RELAXATION (5 MIN)



# HAVING FUN WITH YOGA! WHAT IS YOUR GOAL?



# EAT A RAINBOW 😊



## DAY 4

- 1) SUN SALUTATION WARM-UP
- 2) ADVANCED COMBINATION (40 MIN) (6<sup>TH</sup> GRADE-15 MIN)
- 3) TEACHING PRACTICE WITH PARTNER AND SEQUENCES (7<sup>TH</sup> AND 8<sup>TH</sup> GRADE ONLY)
- 4) RELAXATION (10 MIN)



## YOGA TEACHING

**\*10 YOGA POSES THAT FLOW TOGETHER WELL...YOU WILL PERFORM THE SEQUENCE TWICE.**

**\*POSE/COMPONENTS ARE REQUIRED AND A PICTURE IS OPTIONAL (MIGHT HELP YOU)**

**\*WITH YOUR PARTNER, ALTERNATE STATING THE NAME OF THE POSE AND THE DESCRIPTION OF THE POSE.**

**\*10 POSES ARE HELD FOR A MINIMUM OF 5 SECONDS/GO THROUGH THE ROUTINE TWICE (NO COUNTING OUT LOUD)**

ALWAYS	SOMETIMES	RARELY	NEVER
Organization	Organization	Organization	Organization
Skill Level	Skill Level	Skill Level	Skill Level
Visual Aid (this sheet-both members must have one)	Visual Aid (this sheet-both members must have one)	Visual Aid (this sheet-both members must have one)	Visual Aid (this sheet-both members must have one)
Energy and enthusiasm	Energy and enthusiasm	Energy and enthusiasm	Energy and enthusiasm

## DAY 5

- 1) SUN SALUTATION WARM-UP WITH THE “YOGA STUDIO” APP (4 MIN)
- 2) TEACHING
- 3) ADVANCED STRENGTH WORKOUT-15 OR 30 MIN
- 4) DO WE HAVE ANY “GOAL POSES” TO SHARE?
- 5) GROUP YOGA POSE FOR A PICTURE?
- 5) RELAXATION (5 MIN)
- 6) MY GIFT TO YOU...HANDOUTS AND PACKETS FOR YOU
- 7) “NAMASTE”

6<sup>TH</sup> GRADE-NEXT SLIDE FOR DEMONSTRATION COMPONENTS



# 6<sup>th</sup> grade demonstration assessment... efficient and effective

- 3 poses to demonstrate for a skills test...can be anything except what your neighbor is doing.
- We will go around 3 times to show 3 poses...perfect form😊...state the name of the pose and the next person goes. Hold the pose.



FIND YOUR  
CREATIVITY  
AND STRIKE A  
POSE FOR  
PICTURE TIME  
WITH A



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+POSES&TBM=ISCH&TBO=U&SOURCE=UNIV&SA=X&EI  
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# ADDITIONAL YOGA ACTIVITIES

FOLLOW THE LEADER YOGA  
YOGA BINGO

