

Name: Woods		Grading Quarter:1	Week Beginning: 8/15/23
School Year: 23-24		Subject: Yoga Fusion	
Monday	Notes:	No school	Academic Standards:
Tuesday	Notes:	<p>Objective: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview:</p> <p>Learn several basic poses:  Cobra Pose (Bhujangasana)  Warrior Pose (Virabhadrasana)  Mountain Pose (Tadasana)  Tree Pose (Vrksasana)  Child's Pose (Darnikasana)  Simple Twist (Ardha Matsyendrasana)  Cat-Cow (Bitilasana Marjaryasana)  Butterfly Pose (Baddha Konasana)  One Leg Seated Forward Bend (Janu Sirasana)  Downward Dog Pose (Adho Mukha Svanasana)  Extended Foot Pose (Padottanasana)  Sun Salutation (Surya Namaskar)</p> <p>Use Breathe and Flow video on youtube to guide practice:  <a href="https://www.youtube.com/watch?v=aK7xLg5m2fY">https://www.youtube.com/watch?v=aK7xLg5m2fY</a></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:	<p>Objective: Students will be able to process negative emotions and stress through guided meditation.</p> <p>Lesson Overview:</p> <p>Discussion: Dealing with stress. Stress can be positive and motivate us to improve. When it interferes with our ability to function properly, though, we need ways to eliminate/reduce it.</p> <p>Journaling: What is your current stress level? Do you feel ready to tackle challenges or do you feel like you can't handle the difficulties in your life?</p> <p>Finish with video (Guided meditation with Lavendaire):  <a href="https://www.youtube.com/watch?v=cyMxWXIX9sU">https://www.youtube.com/watch?v=cyMxWXIX9sU</a> </p>	<p>Academic Standards:</p> <p>S3.H14.L2</p> <p>Stress Management Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.</p>
Thursday	Notes:	<p>Objective: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview:</p> <p>Learn several basic poses:</p> <p>Cobra Pose (Bhujangasana)</p> <p>Warrior Pose (Virabhadrasana)</p> <p>Mountain Pose (Tadasana)</p> <p>Tree Pose (Vrksasana)</p> <p>Child's Pose (Darnikasana)</p> <p>Simple Twist (Ardha Matsyendrasana)</p> <p>Cat-Cow (Bitilasana Marjaryasana)</p> <p>Butterfly Pose (Baddha Konasana)</p> <p>One Leg Seated Forward Bend (Janu Sirasana)</p> <p>Downward Dog Pose (Adho Mukha Svanasana)</p> <p>Extended Foot Pose (Padottanasana)</p> <p>Sun Salutation (Surya Namaskar)</p> <p>Use Breathe and Flow video on youtube to guide practice:  <a href="https://www.youtube.com/watch?v=M3NhAZ94ldU">https://www.youtube.com/watch?v=M3NhAZ94ldU</a> </p>	<p>Academic Standards:</p> <p>S1.H3.L1</p> <p>Fitness Activities Demonstrates competency in one or more specialized skills to include demonstration, application and evaluation in health and skill-related fitness activities.</p>
Friday	Notes:	No class (B day)	Academic Standards: