

Name: Mrs. Woods		Grading Quarter: 2	Week Beginning: 11/27/23
School Year: 23-24		Subject: Yoga Fusion	
Monday	Notes:	<p>Objective: Students will be able to demonstrate several basic tai chi movements.</p> <p>Lesson Overview: The four basic movements of TC Chuan (a) ward-off (b) rollback (c) press and (d) push movements. Peng (ward-off) Lu (roll-back) Chi (press) An (push) Tsai (pull-down) Lieh (split) Chou (elbow strike) Kao (shoulder strike)</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>
Tuesday	Notes:	<p>Objective: Students will be able to demonstrate several basic yoga poses.</p> <p>Lesson Overview: Practice/mastery of the following yoga poses: Downward dog, child's pose, low lunge, high lunge, tree pose, cat/cow, cobra pose, sphinx pose, sun salutation Follow/end with 5 minutes of breathwork and a positive affirmation.</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: Journaling: Removing bad habits/toxic traits from daily atmosphere/life Guided meditation with Lavendaire on Youtube</p>	<p>Academic Standards:</p> <p>S3.H14.L2 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 tai chi movements.</p> <p>Lesson Overview:  The four basic movements of TC Chuan (a) ward-off (b) rollback (c) press and (d) push movements.  Peng (ward-off)  Lu (roll-back)  Chi (press)  An (push)  Tsai (pull-down)  Lieh (split)  Chou (elbow strike)  Kao (shoulder strike)</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>
Friday	Notes:	<p>Objective: Students will be able to demonstrate basic self-defense tactics.</p> <p>Lesson Overview:  Special guest in class  Students will learn basic strikes and kicks.  Students will practice with each other and demonstrate on the instructor in front of the class.</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>