Name:			Grading Quarter:	W	eek Beginning:	
Mrs. Woods			2		12/11/23	
School Year: 23-24			Subject: Yoga Fusion			
Monday	Notes:	tai chi movements  Lesson Overview: The four basic mov (c) press and (d) pu Peng (ward-off) Lu (roll-back) Chi (press) An (push) Tsai (pull-down) Lieh (split) Chou (elbow strike) Kao (shoulder strike)	vements of Tai Chi (a) war ush movements. e)	d-off (b) rollback	Academic Standards:  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.	
Tuesday	Notes:	Objective: Students will be able to demonstrate several basic yoga poses.  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.			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.	
Wednesday	Notes:	emotions and stress Lesson Overview: Journaling:	is will be able to process rest through guided medita onext year: What do you	tion.	Academic Standards:  S3.H14.L2 Stress Management Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.	

	Notes:	Objective: Students will be able to demonstrate several basic	Academic Standards:
		tai chi movements.	
			S1.H3.L1
Thursday		Lesson Overview:	Fitness Activities Demonstrates
		The four basic movements of TC Chuan (a) ward-off (b)	competency in one or more
		rollback (c) press and (d) push movements.	specialized skills to include
		Peng (ward-off)	demonstration, application and
		Lu (roll-back)	evaluation in health and skill-
		Chi (press)	related fitness activities.
		An (push)	
		Tsai (pull-down)	
		Lieh (split)	
		Chou (elbow strike)	
		Kao (shoulder strike)	
	Notes:	Objective: Students will be able to demonstrate several basic	Academic Standards:
		yoga poses.	
Friday			S1.H3.L1
		Lesson Overview:	Fitness Activities Demonstrates
		Practice/mastery of the following yoga poses:	competency in one or more
		Downward dog, child's pose, low lunge, high lunge, tree	specialized skills to include
		pose, cat/cow, cobra pose, sphinx pose, sun salutation	demonstration, application and
		Follow/end with 5 minutes of breathwork and a positive	evaluation in health and skill-
		affirmation.	related fitness activities.