

Name: Mrs. Woods		Grading Quarter: 2	Week Beginning: 12/11/23
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 Tai Chi (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: Looking forward to next year: What do you want to change? What goals will you set</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 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>