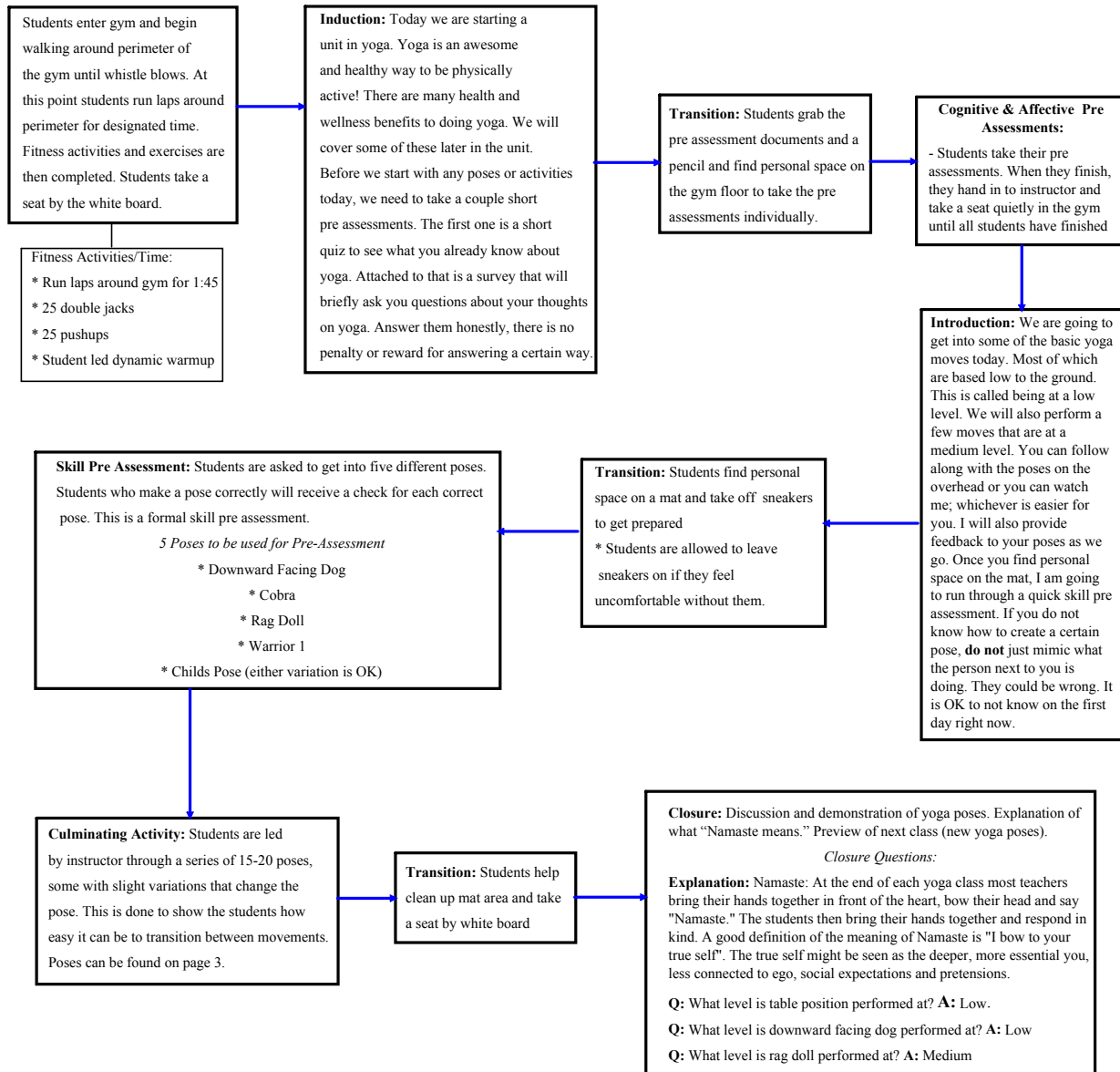


Yoga Unit, Day 1: Pre Assessments and Intro to Yoga



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<u>National Standards</u>	<u>Behavioral Objectives</u>	<u>Equipment</u>	<u>Safety</u>
<p>Assessed: NASPE #1, 2 & 5 (NH #3, 4 & 6)</p> <p>Addressed: NASPE #3 & 4 (NH #2 & 3)</p>	<ul style="list-style-type: none"> * The SWBAT demonstrate 5 yoga poses with good technique by the end of class for the pre assessment (NASPE #1). * The students will demonstrate their cognitive knowledge by taking an individual Pre-Assessment exam for instructor to gauge how much information students already know regarding yoga (NASPE #2). * The students will complete a survey that asks questions regarding their attitudes towards learning yoga (NASPE #5). 	<ul style="list-style-type: none"> * Mats * Overhead projector * Pencils/Pens 	<ul style="list-style-type: none"> * Do not touch anybody when they are making a yoga pose (unless it is a partner pose and you are their partner). * Be careful of poses that have involve a lot of balance. Do not do in an area where you can fall and hit your head against something. * Do not force a stretch. Let it come naturally.
<p><u>Assessment</u></p> <p>*The Pre-Assessment will be a written formal cognitive exam of 5 M.C. questions used by the teacher at the beginning of class to assess each student. There is also a formal psychomotor assessment that the instructor scores using a rating sheet to assess current student abilities and experience in five common exercises (psychomotor). An affective assessment will also be completed along with the cognitive exam.</p>		<p><u>Cues</u></p> <ul style="list-style-type: none"> * Tall Spine * Release * Breathe Deep * Namaste * Steady 	

Extension: Basic yoga poses that are completed individually are introduced to the class to practice and perform **Refinement:** Breathe deep, tall spine, reach, release, Namaste
Application: Basic introductory yoga poses during the culminating activity portion of class.

The following resource was used to help create this lesson:

Feldman, K. (2006). *Yoga activity book*. Hungtington Station, NY: Spiraling Hearts LLC.

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Yoga Poses for Day 1:

- * Warrior 1
- * Child's Pose (either variation is OK)
- * Downward Facing Dog "DFD" (Sequence)
 - DFD, plank, DFD, leg high, leg high bend knee, knee circles, knee to nose, leg high, DFD, plank, cobra, plank, DFD, rag doll, half way lift, rag doll come all the way up to standing position
- * Repeat 1x for right and left sides
- * Catpose
- * Swan
- * Turtle Pose
- * Lion Pose
- * Flower Pose (modification: "Cradle the Baby" pose)
- * Cow Pose
- * Table (both variations)
- * Easy Pose
- * Relaxation Pose