

Teacher Candidate:	Amy Young	Date Taught:	4-9-2020
Cooperating Teacher:	Mr. Nobody	School / District:	Virginia Beach
Grade:	10th	Field Supervisor:	Mrs. Peacock
Unit / Subject:	Yoga/ Flexibility		
Lesson Title / Focus:	Yoga circuit/ Sun Salutation / Flexibility and Stretching using: static, dynamic, PNF (proprioceptive neuromuscular facilitation) exercises		

PLANNING AND PREPARATION

Content Knowledge This lesson was built around the practice of yoga. It has been practiced for 5000 years; proven to increase strength, balance, and flexibility. Giving a practitioner of yoga long lean muscles and open joints and limbs. All of the major muscle groups are exercised and stretched using a series of various poses. The practice can be intense and quickly modified for a new user. Teaching flexibility promotes strong and healthy joints and reduces the risk of injury. Yoga used all three types of stretching including dynamic, static, and PNF.

Learner Differences

This lesson is in the style of direct instruction. This targets each student at the same time step by step talking them through each pose and flexibility exercise. Students can benefit from working on their flexibility. It is one of the five major components of health related fitness. All of the students are tested on their flexibility during the fitness gram testing. Yoga is an ancient Indian practice of putting the body into varying positions designed to target specific muscle groups building strength and flexibility simultaneously. This is a culturally specific practice that is now mainstream and taught all over the world through various levels of skill. All of the information needed to perform the activities will be taught; no prior knowledge is needed to jump into engaging in the activities. All students will have a chance to learn the material at their own pace in a group setting leaving no child out of the activity.

Outcomes/Goals

Students will be able to identify and name different specific muscle groups that are being stretched and contracted while practicing the yoga poses being taught in the lesson.

Students will be able to understand the biomechanics to perform the poses correctly, modifying as needed and deepening when needed, as a group in their yoga lines 4 out of 5 times.

Students will be able to work together in pairs coaching each other with apathy and patients; nurturing each other with compassion and encouragement to help build the confidence needed to perform the activity every time yoga is being practiced.

Students will be able to identify yoga postures they are learning in the class activities 3 out of 4 times.

Standards

Physical Education 10th grade

Virginia SoLs

- 10.1 The student will demonstrate proficiency and apply the concepts and principles of exercise physiology, biomechanics, and anatomy in a variety of lifetime activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, selected individual performance activities, and net/wall and target games in at least two self-selected, lifelong, skill-related physical activities.
 - a) Demonstrate skill attainment in one or more lifetime activities.
 - b) Apply and demonstrate knowledge of how movement is created, directed, and stabilized in one or more lifetime activities.
- 10.2 The student will apply knowledge of biomechanics and anatomy and analyze and evaluate the ability to move proficiently and efficiently in a variety of lifetime activities.
 - b) Analyze movement activities for component skills and movement patterns for one or more lifetime activities.
 - c) Identify and explain the relationship of opposing muscle groups (agonist/antagonist).
- 10.4 The student will demonstrate appropriate behaviors in all physical activity settings and the social skills needed to be a contributing member of society.
 - a) Explain the importance of and demonstrate communication skills in physical activity settings.
 - b) Explain the importance of critical thinking and problem solving for current and future health and fitness.

All of the SHAPE standards are encompassed in this lesson.

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Resources and Materials

Materials for this lesson needed are very minimal. The open gym space is needed for all of the activities. Pool noodles are needed for the instant activity. Eight cones are needed with the pictures and descriptions of the postures for the first activity.

Technology

Technology is not a necessity for the students to leave the yoga lessons with a take away knowledge of flexibility is not needed for this activity. The pictures and descriptions will be printed out on the computer before class.

INSTRUCTIONAL DELIVERY

Learning Environment

Learning will be directly instructed by the teacher and also using preset up stations. Individual learning will happen as the students practice the poses over time during the classes throughout the yoga unit. Students will learn as a group, but still at their own pace in the first activity, and during the sun salutation. Collaborative learning will happen during the first activity of practicing the postures in groups of two.

Introduction/Activating Strategies

The lesson will begin with an instant activity called, noodle stretch. The instant activity is a tag game. The tagger will use a noodle to reach to try and tag other students. The noodle is used to decrease injury and reduce pushing and misbehavior. The students can avoid being tagged by

practicing one of the stretches they know and have been practicing. Examples are: hamstring stretch, quad stretch, arm shoulder stretch. If the tagger tags another student before they can perform a stretch they will take the pool noodle and become the tagger. This is a quick activity with little set up and instruction. Using knowledge the students already possess also reinforces the skills they are learning in the main activities.

Instructional Strategies

The first activity will be set up ahead of time on half of the gym. This will be a circuit of yoga poses with descriptions of correct form on cones marking the activity area. These stations will be completed with a partner. Each station will have a picture of the pose as well as a complete breakdown of the form of the pose. One student will call out the pose and narrate as the other student tries to complete the physical pose. They will switch after the first person is finished. Then each group will rotate clockwise to the next station and yoga pose. There will be eight stations. The stations will strengthen and emphasize the poses learned in the guided practice. This will help the students have a prior knowledge of the postures before the group guided activity. This is beneficial because of the fast pace of the sun salutation yoga routine. The stations will include the poses: upside down crunch, down dog, plank, lunge, warrior one, wide leg stretch, standing twist, and half moon. Working in pairs for this activity each student will have the chance to teach each other the yoga poses, while gaining a better understanding of the pose itself.

The second activity is performed as a whole group class setting. It is called Sun Salutation: a guided practice yoga routine using the method of direct instruction. Read/ Recite the routine allowed to the students using a loud clear voice. Give physical examples following along with the routine. The directions are as follows.

Start standing in Mountain pose. Lift Arms up over head and down by our side. Lift arms up and fold forward hips over heels. Lift up halfway with a straight back. Engage your core and lift back up to standing. Lift arms up over head interlacing your fingers index finger pointing out. Half moon right bending to the left stretching obliques and abdominals, back to center and now bend to the left. Back up to center. Arms up fold forward. Lift half way and down. Plant your palms and step your right leg back. Left lunge knee over ankle fire up the hamstrings. Engage quadriceps straighten leg moving arms over head. Pulsing lunge and bend knee moving arms back. And straighten arms up, and bend back. Straighten to your highest and plant hands down. Step back to down dog upside down V. Step right leg forward lunge on right side. Pulsing lunge. Straighten leg arms up. Back and up and back and up to the highest. Plant palms and Step forward with right leg. Lift up halfway, and down. Slight bend in knees lift back to standing. Lift arms up and fold forward. Plant hand and step back to down dog. Move forward to plank setting shoulders. Now press back from plank to down dog. Forward to plank back to down dog. Forward to plank and back to down dog. Forward to plank hold..and lower all the way down. Lift your trunk up and hold, using your trapezius and deltoids. Lower down plant the palms. Move through

table top to down dog. Walk hands to feet and feet to hands. Lift half way and lower grabbing calves with forearms. Wrap forearms around calves for an upside down standing crunch. Release bend knees and lift back to standing mountain pose. Standing in mountain for a brief period.

Closure

The lesson will come to a close by calling all of the students to gather up around the instructor for a final closure. Closing the routine with a period of reflection. Reminding students that this is a lifelong practice of keeping our bodies in a health flexibility zone which is one of the five components of health related fitness. Muscles used and stretched will be discussed. The three types of stretching, dynamic, static, and PNF (proprioceptive neuromuscular facilitation), will be reviewed.

Differentiation

Modifications are offered in each activity and each pose. Modifications are individually based depending on each particular student. This gives each student their own set of goals to work on individually while working together with other students working on their specific goals.

Assessment:

A quick verbal assessment will check for knowledge and understanding of the muscles being used and the type of stretching exercises being performed and practiced.

Questions include: What type of muscles did you use and feel lengthening during our flexibility activities?, What types of different stretching is benefited by the practice of yoga? How old is the practice of yoga?

PROFESSIONAL LEARNING

Reflection

Evaluation will be watched on a pre recorded gopro camera recording. This will help evaluate the effectiveness of the lesson and teaching strategy. Some learners struggled in the guided practice, yoga is a learn as you go practice type of activity. This will always result in varied learning levels and skills. As progressions happens throughout following lessons specific points will be addressed where needed with particular struggling students.