

<p>Before beginning, teachers should offer accommodations specifically mentioned in a student's IEP to support their ability to participate in the activity.</p>		
<p>Activity Name: Yoga Circles https://youtu.be/vNqHOCJP1fk</p>	<p>Grade Level: K-12</p>	<p>Activity Length: 30 Minutes</p>
<p>Standard(s) and Grade-Level Outcome(s) or Indicator(s):</p> <ul style="list-style-type: none"> • Standard 1 Demonstrates competency in a variety of motor skills and movement patterns. <ul style="list-style-type: none"> ○ Demonstrates correct technique for a variety of skills in 1 self-selected individual-performance activity. (S1.M24) • Standard 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <ul style="list-style-type: none"> ○ Distinguishes between health-related and skill-related fitness. (S3.M7) • Standard 4 Exhibits responsible personal and social behavior that respects self and others. <ul style="list-style-type: none"> ○ Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. (S4.M4.) • Standard 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. <ul style="list-style-type: none"> ○ Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. (S5.M3.) 		<p>Materials Needed:</p> <ul style="list-style-type: none"> • 9 Cones • 9 Cone Folders • Yoga Mats • Tabata Timer
<p>Objective(s): <i>By the end of the activity, students will be able to</i></p> <ul style="list-style-type: none"> • Engage in a variety of Yoga poses associated with strength and flexibility, balance and coordination. • Practice working with others in a positive and encouraging manner. • Recognize the value of cardiovascular endurance. 		
<p>Activity Progression</p>		
<p>Set Up: The class is organized into two separate groups. Within each group are small group families of 2 - 6 depending on your class size. For example, Group A and Group B. Group A will have family groups of 4-6, and Group B will do the same. Yoga stations are in a scatter formation inside the basketball court of the gymnasium numbered 1-9. A Tabata timer is displayed on the wall with a 30-second work time and 15 seconds rest time. Group B will begin outside of the basketball court jogging the 'perimeter' of the gym. Group A will be inside the basketball court performing the Yoga stations.</p> <p>Introduction: Discuss the health-related fitness components that will be included in this activity including; cardiorespiratory endurance, flexibility, muscular strength and muscular endurance.</p> <p>Explanation of the Game:</p>		

Group A will begin inside the basketball court at a Yoga pose station that are numbered 1-9. On the 'work' part of the Tabata timer, each small pod will perform their team Yoga pose together. On the 'rest,' each small pod will rotate to the next station. This will repeat for three stations to complete round 1. Meanwhile, Group B is on the outside of the court jogging to the 'work' part and walking on the 'rest.' Each round will be 2 minutes. Upon completion of the 2 minutes, the two groups flip and group A moves to the jogging cardiovascular endurance location, while group B moves to the Yoga stations with their family group. This will continue for three rounds allowing each family group the opportunity to go to each Yoga station.

Breakdown of Activity

Round 1

Group A - Families will begin at a designated station number and move to the next number counting up until each has completed all 9 stations.

30 seconds- Perform 1st Yoga pose with a family of 4-6.

15 seconds- Rotate to the next Yoga station.

30 seconds- Perform 2nd Yoga pose with your family.

15 seconds- Rotate to the next Yoga station.

30 seconds- Perform 3rd Yoga pose with your family.

Group B

30 seconds- Jog with group B.

15 seconds- Walk with group B

30 seconds- Jog with group B

15 seconds- Walk with group B

30 seconds- Jog with group B

Switch- Group A -Jog and Group B - Yoga stations

End of round 1

Begin round 2

Group A

30 seconds- Perform 4th Yoga pose with a family of 4-6.

15 seconds- Rotate to the next Yoga station.

30 seconds- Perform 2nd Yoga pose with your family.

15 seconds- Rotate to the next Yoga station.

30 seconds- Perform 3rd Yoga pose with your family.

Group B

30 seconds- Jog with group B.

15 seconds- Walk with group B

30 seconds- Jog with group B

15 seconds- Walk with group B

30 seconds- Jog with group B

Switch- Group A -Jog and Group B - Yoga stations

End of round 2

Repeat Round 3 moving to the last 3 stations.

Modifications/Differentiations

Cardiovascular Endurance Modification-

Courtesy of Teri Lund, Royster Middle School, Chanute (KS)

1. If a student needs to take a break, they can walk and count to 10 before jogging again.
2. Teacher can call different ways to travel for each 30-second work time. Skipping, hopping, running, backwards, skipping etc.

Discuss modifications and progressions for each yoga pose during the demonstration.

1. Downward Modification: 1. Bend your knees slightly. 2. Sit in a chair and reach arms overhead then reach to floor.
2. Warrior Modification: 1. Sit in a chair as you perform the Warrior Pose. 2. Perform with feet closer together.
3. Upward Facing Dog- Perform with knees dropped to floor. 2. Perform in a chair with arched back.
5. Chair Pose: This pose can be performed in a seated position in a chair or can be done in a higher stance
6. Bridge Pose - If children cannot lift themselves up, a helper could help by raising their hips. The helper must first ask permission to help.
7. Extended Angle- This pose can be done with elbow on knee instead of floor and can be done in a sitting position in a chair
8. Partner Pose - . If you have an odd number try this with 3. Use two ½ noodles for extended arms.
9. Partner Spine Rotation -Modifications: If a child cannot rotate enough, use a rope or pool noodles to extend the arms.

Checks for Understanding/Assessment Strategies

Checking for Understanding

The teacher will check for understanding of organizing groups by having each family group sit in a circle around a cone. Once all groups are performing this, the teacher is aware that they are ready to begin.

To check for understanding of how to rotate to next station, teacher asks students to point to the next station.

Lastly, the teacher will observe to make sure groups transition to next station correctly.

Teacher will check form and help any student correct their Yoga pose form as needed, offering modifications as needed.

Review:

Ask essential questions such as; “Did our range of motion increase or decrease following this lesson?”

Which stations practice strength? Balance? Cardiovascular endurance? Flexibility?

Assessment: Self Reflection of effort using Plicker Plagnets or Visual Cards.

The teacher will ask students to self-reflect their effort during the Yoga Circle lesson. As students exit the room, each will touch their hand on the card that describes their self-reflection. This can be accomplished with Plicker Plagnets if the teacher has Plagnets available. A third way to do this is to write the following phrases into 4 columns and ask students to place their magnet (any type will work) in the correct column.

WOW!

Got It!

Getting There!

Not Yet!