

	open, have a straight back and move head side to side	wall
Easy Twist	Starting with left hand behind you, put right hand on left knee, turn neck and stretch back (reverse for right side)	To lessen strain on hips, do pose seated in a chair
Child's Pose	Sitting on bent knees, reach up and forward, place hands on mat in front of you and rest	Place a pillow in front and rest your hands to alleviate back stress
Leg Stretch	Laying on your back lift left leg up and hold (repeat with right side)	Place a pillow under your head and lift legs as high as comfortable



1:05-1:11
(6
Minutes)

Pose	Direction	Modification
Stand Tall L/R	Reach for the sky then tilt left then right	Reach as high and far as comfortable
Forward Fold	While taking a deep breath in, then let it out while slowly folding forward while standing	Reach and fold at knees, tucking arms in (as seen in photo)
Stretch Up High	Bring both hand together above your head reaching high, keeping your back straight and feet planted on the ground	Reach arms as high as comfortable

- Ensure students can properly place their legs correctly
- Make sure students are not over exerting the twist

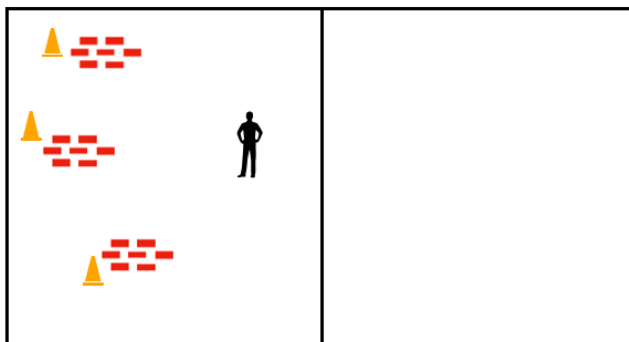
- Ensure students are not lifting their legs too high

- Display proper transitions to mitigate safety risks



Yoga Stations:

- Students will move the mats into three different groups, totalling 7 mats per station. These groups will be set up on one side of the gym to allow circulation of teacher
- Intro about stations: Three stations set up, station one focusing on balance, station two name of poses, and station three flexibility (bending). After each description of the station there will be a demonstration, including students to keep them engaged and check for understanding. (Refer to station description below) Hand out a self-assessment sheet and describe what needs to be filled out. Students will be grouped into three, by the teacher saying 1,2,3, and having a leader with each group to be in charge of a timer.
- Students will attend a station for 6 minutes, then move on to the next station.



1:11-1:20
(9 minutes)

- Three stations (Balance, Pose, Bending)
- Set up mats in three groups of seven
- Hand out self-assessment sheet
- Demos

● **Station 1: Balance**

It will consist of three poses (Downward Dog, Warrior 1, Tree Pose). Going over balancing on hands and feet, then two feet, and progressing to one foot.

- Leader will have the timer
- The self-assessment sheet will ask the question: What is balance? The first minute will be discussing how to balance and what it looks like (timed one minute)
Then the first position will be the Downward Dog, where the students will have to have balance while holding the position. This position has your body feeling like it is upside down, so it is important to have core strength, and focus on using not just your hands, but fingers and toes for balance. Position will be held for 45 seconds (timed)
- Second position will be the Warrior 1, this position focuses on a lunge setup, with the front foot straight and the back foot at a 90 degree angle. Both hands will be brought up and over head. This position will be held for 45 seconds on the left leg, then 45 seconds on the right leg.
- Third position is the Tree Pose, this focuses on balancing on one foot at a time. Hands can be on the hips or extended to help with balance. One foot is planted on the ground and the other is bent and placed on the calf or inner thigh. Keeping core engaged and focusing on a spot to help with balance. Position held for 45 seconds on the left foot, then 45 seconds on the right foot.
- Self-reflection on balance until it is time to switch stations.
(Executive functions checkpoint 6.4)

1:20 - 1:26
(6 minutes
per station)

- Progression of pose
- Downward Dog
- Warrior 1
- Tree Pose
- Reminder: complete poses on both sides
- Core engaged
- Focus spot



- **Station 2: Pose Names**
- This station will focus on the 5 poses throughout all stations. In pairs and one group of 3 the students will play a name game for each pose (**Sustaining effort and persistence checkpoint 8.3**). This station will have a checklist of the poses on the self-assessment sheet. Each pose will be held for 20 seconds to allow each pair to say the name of the pose and each student participating in the pose and guessing. Leader will time each position and state when to switch. The five poses are: Downward Dog, Warrior 1, Tree Pose, Sphinx Pose, and Pigeon Pose

1:26 - 1:32
(6 minutes per station)

- Pair up (one group of three)
- Practice the pose and learn the name
- Focus on proper execution of the positions.



- **Station 3: Flexibility (bending)**
- This station focuses on when performing a pose ensuring that the students know what a good bend feels like versus a bad bend.
- Teacher will explain flexibility at the beginning of the station.
- This station consists of two poses, Sphinx Pose and Pigeon pose. Starting with the Sphinx Pose, ensure that the students know the modifications if needed. Hold pose for 30 seconds on 15 seconds off, and repeat again.
- Next pose will be the pigeon pose, this pose consists of laying down on the mat, with one leg forward and bent, and back leg extended. Make sure the hips are squared to the

1:32 - 1:38
(6 minutes per station)

- Sphinx and Pigeon Pose
- Ensure students are practicing the poses safely

<p>mat, and the body is seated upright. This position will be held for 45 seconds for the left leg, then 45 seconds for the right leg.</p> <ul style="list-style-type: none"> ● If time is left over, try the poses again and write a written reflection <p>Culminating Activity: Yogi Says Game</p> <ul style="list-style-type: none"> ● Similar to “Simon Says” except using the different yoga positions learned in today’s lesson. ● Yogi will make statements telling the class to do different yoga positions. If the leader says “Yogi says do” then the class should do whatever position was mentioned. But if the leader does not say “Yogi says” before the instruction then the class should not follow what was said. ● Once students understand how the game works, they may take turns being Yogi. 	<p>1:36-1:41 (5 minutes)</p>	<ul style="list-style-type: none"> - Keep rounds short to ensure eliminated students have the chance to participate again.
<p>Conclusion</p> <ul style="list-style-type: none"> ● Meditation wind down time ● Focus on breathing technique using balloon breathing exercise ● Balloon Breathing: Get students to hold their stomach, imagining that it is a balloon. As they breathe deeply in they should feel their stomach expand with air, just like a balloon. As students exhale they should feel their stomach get smaller, just like a shrinking balloon. ● After mindfulness moment, students must complete exit ticket (Self-regulation checkpoint 9.3) ● Exit Ticket: At the bottom of the self-assessment sheet, students must answer the question “What stood out to you from today’s lesson?” 	<p>1:41-1:45 (4 minutes)</p>	<ul style="list-style-type: none"> - Can be done in corpse/savasana pose or easy pose.

UDL Guidelines:

Self-regulation checkpoint 9.3: We are meeting this checkpoint by allowing students to reflect on their progress throughout the lesson. Students will be able to recognize how the lesson made them feel and what they took away from the lesson.

Sustaining effort and persistence checkpoint 8.3: We are meeting this checkpoint by having students work with a partner, where clear roles and responsibilities have been included for each student. By working with others, students will be able to work on collaboration and communication techniques.

Executive functions checkpoint 6.4: We are meeting this checkpoint by providing students with a self-assessment sheet where they can reflect on the activities they are completing. The self-assessment sheet can also be used as a record to monitor progress throughout the whole unit.

Student Name:

Self-Assessment Sheet

Station 1:

Discussion: What is balance? _____

Pose	Time	Reflection
Downward Dog	45 Seconds	
Warrior 1 *	45 Seconds per side	
Tree *	45 Seconds per side	

- Complete pose on the left and right side

Station 2:

Check off pose when finished:

Downward Dog

Warrior 1 (Left and Right Side)

Tree Pose (Left and Right Side)

Sphinx Pose

Pigeon Pose (Left and Right Side)

Station 3:

Pose	Hold Time	Reflection
Sphinx	30 seconds on 15 off, repeat	
Pigeon *	45 Seconds per side	

* Complete pose on the left and right side

Space for open reflection:

Exit ticket

What stood out to you from today's lesson?