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School of Education
Lesson Plan # 5

Subject: Physical Education Grade Level: High School Time Estimate: 20 mins

Unit: Yoga Topic: Flexibility

Goal(s): To perform the sun salutation A yoga flow to provide students with knowledge of yoga and an opportunity to destress.

Objective(s): TSWBAT perform the sun salutation A yoga flow with maximum attention to breathing while moving from one pose to the next.

TEKS: §116.56 (c): 4A & 5A

Materials/Resources/Technology needs:
Stereo Speakers, Projector, Yoga Mats (if available)

Instructional Procedures

- **Focusing Event:**

I will ask the following questions and have the students respond;

- 1) How has this semester been for you? Easy? Hard?
- 2) Are you feeling stressed out with all the school work and the tests?
- 3) Are you ready for the summer break?

- **Teaching/ Learning Procedures:**

1. Call the class to attention and take roll.
2. Divide the class into the 2-3 different groups.
3. Have the *Table Time* students finish completing their assignment from the previous class period and turn it in.
4. *Treadmill Station* students will need to be on 3.5 speed and 3.0 incline.
5. Have the *Activity time* students get into a semi-circle on the floor around me.
6. Conduct the focusing event.
7. State that there is a new focus for today's lesson and state the lesson's objectives.
8. Give an overview of the day's proceedings [yoga]
9. For the lesson I will teach the class a sequence of 5-10 yoga poses through demonstration and teaching the cueing required.
10. Have the students practice each pose until overall proficiency is accomplished.
11. We will then, put all the poses together to complete the routine.

12. Conclude the *Activity time* lesson by having all the students gathered around me and ask them about the poses we just did and whether or not they could see themselves using them in their free time to relax and get a deep stretch.

- **Formative Check (ongoing or specific):** During the practice period the students will all have an opportunity to practice the poses. I will be moving around the class and taking note of those who have acquired an appropriate level of motor proficiency.
- **Reteach (alternative used when needed):** Model the proper technique for the students and/or use the [YouTube video](#) to give the students a different example of what it should look like.
- **Closure:** At the sound of the whistle, I will require all students to come gather around me and finish the yoga portion by asking how practical they think this yoga lesson is to them and their lives.

Assessment/Summative Evaluation: The students will be given a written assignment: Now that you know a Yoga sequence, teach it to at least three different family members and have them give their opinion on whether or not they would do that routine on a regular basis. The paper must be at least one and a half pages long and must include the names of the family members. You will also provide your own opinion about Yoga in one paragraph. It is due on the Monday after Thanksgiving.

Modifications/Notes:

ELLs: I would have them pair up with a more English-proficient, native Spanish-speaking peer explain the given instructions to them.

Sp. Ed.: Have the students do the poses with the coach providing direct instruction as needed.

Those not interested in participating: Instruct them that they must keep walking around the dimension of the basketball court.

Reflection (post presentation):