

CATEGORY: FITNESS ACTIVITIES

FLEXIBILITY, MOBILITY, BALANCE

Lesson: Yoga Sun Salutation

Time	Stage 3 – Learning Plan (Activities)
3:00	<p>Objectives:</p> <ul style="list-style-type: none"> Combine stretching exercises, controlled breathing and relaxation techniques to reduce stress, lower blood pressure and improve heart function. Perform exercises to improve balance, flexibility and range of motion. <p>Inclusion Strategies: Task cards for various movements</p> <p>Introduction (Warm Up) Explain to the students this will be a lower impact day (BLUE zone). Focus on body alignment and balance. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety. Sun Salutation lesson is a series of poses performed in a graceful flow and linked by breath—a method called “vinyasa.” It's a great way to greet the sun any time of the day while improving muscle tone, mood, flexibility, mobility and balance.</p> <p>Yoga has many styles, forms and intensities. It may be helpful to vary the way you teach this lesson. Try varying the speed in which students complete the sequence or have them be aware of each body part as they move through the sequence. Have them hold a sand bell for resistance as they move through. This approach helps students master at least one yoga sequence that can become a solid foundation to build upon.</p>
	<p>20:00 Skill and Fitness Development - Teach students the different type of movements:</p> <p>Mountain Pose: Stand at front of your mat with your feet hip-width apart and your weight evenly distributed between them, your spine erect, your arms at your sides.</p> <p>Arms Reaching Upward: Inhale, extending your arms overhead, bringing your palms together, and expanding your chest.</p> <p>Standing Forward Bend: Exhale, bringing your chest toward your thighs and your hands toward the floor.</p> <p>Lunge Pose: Inhale, placing your hands on the mat on either side of your right foot as you lunge your left leg straight back behind you. Expand your chest as you lengthen your spine. Be sure your bent knee is aligned directly above your heel; if it juts out over your toes it will cause too much strain on your knee.</p> <p>Plank Pose: Exhale, stepping your right leg back so your feet are now side by side. Look straight at the floor, keeping your arms extended and your body straight. Hold this pose for 3 to 5 full breaths.</p> <p>Kneel and Lower Head: Exhale, slowly dropping your knees to the floor. Untuck toes, bring your hips back to your heels, and lower your head to the floor with your arms still extended in front of you.</p> <p>Get on all Fours: Inhale, slowly bringing yourself up on all fours.</p>





	<p>Lower Chest and Chin: Exhale, slowly bending your elbows and lowering your chest and chin to the floor so your hands, knees, and feet are touching the mat.</p> <p>Upward Facing Dog: Inhale, pushing your head and ribcage up off the mat by fully extending your arms as you press the tops of your feet into the ground. Your thighs and hips should rise a few inches above the mat.</p> <p>Downward Facing Dog: Exhale, tucking your toes and lifting your hips up and back so that you're bearing your weight on the balls of your feet. This should create an upside-down V shape with your body. Relax your neck and allow the weight of your head to lengthen your spine.</p> <p>Lunge Pose: Inhale, stepping your left foot forward.</p> <p>Standing Forward Bend: Exhale, stepping your right foot forward next to your left foot so your weight is on both feet.</p> <p>Arms Reaching Upward: Inhale into the Arms Reaching Upward Pose again.</p> <p>Mountain Pose: Exhale, completing the Sun Salutation by returning to the Mountain Pose.</p>
15:00	<p>Activity: Add music or video Using either an online video or appropriate music, personally perform the Sun Salutation sequence with the students.</p>
5:00	<p>Cool Down (Relaxation of Mind, Body, and Spirit)</p> <p>Closure (Debriefing, Assessment of Lesson, Reflection): Return HRMs and have students observe how their heart rate stayed at a steady rate throughout the entire class. How did the lesson make them feel as far as improved flexibility, more relaxed, better body awareness?</p> <p>Materials:</p> <ul style="list-style-type: none"> • Spirit System (ideally with tones off) • Mats • Comfortable clothing • Music (usually a calm atmosphere is ideal but it's great to use songs that students can relate to) <p>Safety Considerations: Focus on the muscle group that is being stretched, do not over-extend. When you feel a pull, stop and hold.</p>
	<p>Sources: Assessment Rubric Stage 2 Task 3 of Flexibility, Mobility, Balance Unit Guide</p>