Prep
• Music (SPARK HS Music CD) and player
• 1 yoga mat per student (or use large carpet squares)
• Yoga Content Cards
• 1 Basic Training Peer Checklist per student
• 1 Teacher SFI Tracking Sheet
• 1 foam yoga block per student (optional)

Set
• Use mirrored room if available.
• Scatter students throughout area, each with a mat.

Teach
1. *(This activity may take several lessons to complete.)*
2. It’s believed that the practice of yoga began in India between 5000 and 1000 B.C. as a form of meditation. Today, many people participate in various forms of yoga to increase flexibility and strength while promoting relaxation.
3. **Fun Salutation**
   • Yoga can increase both strength and flexibility. Today, we’ll do that using a series of poses that flow from one to another called a salutation or salute. Salutations are often repeated several times during a yoga routine. The salutation we’ll use is called the *Fun Salutation* or a salute to fun.
   • *(Fun Salutation flow is located on Yoga Content Cards. Demonstrate and describe 1 pose at a time in the order they are listed. Then, put multiple moves together in the sequence. Allow students time to practice and experiment with the poses and flow.)*
   • *(Continue as time permits. Review and cover remaining salutation poses each session.)*
   • Mastering the *Fun Salutation* is 1 of 4 requirements for earning SPARK Fitness Instructor (SFI) Certification for Yoga.
4. **Additional Poses**
   • Practice poses in addition to those in the *Fun Salutation*. *(Add new poses as students master the Fun Salutation.)*
5. **Cues**
   • “Breathe Deep” – Long, deep breaths help you relax, reduce stress, and focus.
   • “Stay Balanced” – Keep the body and mind balanced during poses.
   • “Stretch & Inhale” – Inhale slowly through the nostrils as you stretch or extend.
   • “Fold & Exhale” – Exhale slowly through the nostrils as you contract or fold.
6. **Think About…**
   • Do you feel more relaxed after completing the *Fun Salutation*? Why/why not?
Rewind
Use fewer, simpler poses, reduce the amount of time that a pose is held, or use the yoga props (blocks, towels, pillows, etc.) while students develop strength and flexibility.

FFwd 1
Increase the number of poses used in a single workout, challenging students to hold the poses for longer periods of time.

FFwd 2
Play “follow the Yogi” having one student-leader performing poses while others follow the poses of the leader.

STANDARDS Addressed

National PE Standards
Fitness:
Flexibility, muscular fitness

Personal/Social:
Personal responsibility, accepting challenges

Your State (Write in here)

TEACHING TIPS

• Encourage students to give yoga a chance to help them improve strength and flexibility.
• Allow students to use yoga props (blocks, towels, pillows, etc.) to increase success and motivation.
• Pay attention to head and neck placement. The head is treated as an extension of the spine.

NOTES