

## Learning Objectives

- Students will demonstrate strength and flexibility skills with proper technique.
- Students will perform a sequence of yoga poses.
- Students will participate safely, responsibly, and with good effort.

## Learning Targets

- I can demonstrate strength and flexibility skills with proper form.
- I can perform a sequence of yoga poses.
- I can participate safely, responsibly, and with good effort.

## Teaching Cues

- “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.

## PREP

- 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)
- Music ([SPARKfamily.org](#)) and player

## SET

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

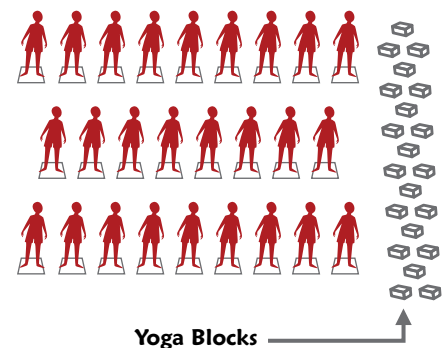
## TEACH

### 1. Lesson Objective

- The object of *Yoga Basic Training* is to increase both strength and flexibility by using a series of poses that flow from one to another called a salutation or salute.

### 2. Instructions

- It’s believed that the practice of yoga began in India between 5000 and 1000 B.C. as a form of meditation.
- Today, people participate in yoga to increase flexibility and strength while promoting relaxation.
- Salutations are a series of poses that are often repeated several times during a yoga routine.
- Remember to “breath deep” – Long, deep breaths help you relax, reduce stress, and focus.
- *(Fun Salutation flow is found on the 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 Fun Salutation is 1 of 4 requirements to earn SPARK Fitness Instructor Certification for Yoga.
- Practice poses in addition to the Fun Salutation. *(Add new poses as students master the Fun Salutation.)*
- *(This activity may take several lessons to complete.)*



# Yoga Basic Training

## Standards Alignment

### Standard 1: Outcome 1

Demonstrates competency for activity-specific movement skills.

### Standard 1: Outcome 3

Demonstrates competency in specialized skills in health-related fitness activities.

### Standard 2: Outcome 1

Applies the terminology associated with exercise and participation in activities.

### Standard 2: Outcome 2

Uses movement concepts and principles to analyze and improve performance for a skill.

### Standard 3: Outcome 1

Discusses the benefits of a physically active lifestyle.

### Standard 3: Outcome 9

Identifies types of strength and stretching exercises for personal fitness development.

### Standard 4: Outcome 5

Applies best practices for participating safely in physical activity.

### Standard 5: Outcome 2

Chooses an appropriate level of challenge to experience success and desire to participate in activity.

## SEL Competencies

### Self-Awareness

Healthy self-perception

Self-efficacy

### Self-Management

Self-motivation, self-regulation

## Reflection Questions

- What technique or safety cues can you share from the activity?
- Do you feel more relaxed after completing the Fun Salutation? Why/why not?
- How does it feel when a muscle is tense? When it is relaxed?

## Game Reset

### 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.

## Teaching Suggestions

- 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.

## Integration

The Sanskrit word yoga means to yoke or harness as in harnessing a horse for work. Some say that word accurately describes the meditative form of yoga in which participants try to harness or control their minds and spirits through physical exercises. Today there are many different forms of yoga, some are used to prepare for spiritual meditation/practice and others simply for health-related benefits.

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## Teacher Reflection

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