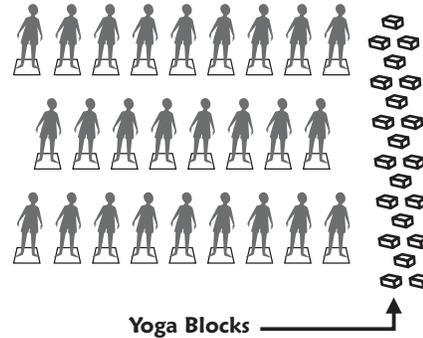




## Prep

- 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 the Yoga Content Card. 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?

# YOGA BASIC TRAINING

## F.I.T.T. 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.



## SPORT LITERACY 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.



## STANDARDS ADDRESSED

### NASPE

#3, 4 Flexibility, muscular fitness

#5, 6 Personal responsibility, accepting challenges

**Your State** (Write in here)

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## 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

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