

| General Outcomes |  Activities | |  Benefits Health | | |  Cooperation | | | |  Do It Daily...For Life | | | |
|------------------|---|-----------------------------|--|------------|------------|--|-----------|------------|----------|---|--------|----------------------------------|--------------------------------|
| | Basic Skills | Application of Basic Skills | Functional Fitness | Body Image | Well-being | Communication | Fair Play | Leadership | Teamwork | Effort | Safety | Goal Setting/ Personal Challenge | Action Living in the Community |
| | | | | | | | | | | | | | |

Introduction/Warm Up

Aerobic warm up of large muscle groups and cardiovascular system -

This unit will focus on the following:

Definitions (from dictionary.com)

Agility: the power of moving quickly and easily

Balance: a state of bodily equilibrium

Coordination: Harmonious functioning of muscles or groups of muscles in the execution of movements.

Today's lesson will focus on balance and how our bodies can balance in many different ways

Learning Activities/Teaching Strategies

1. Set up Yoga Mats – one per student – students explore their own stretches and flexibility on their mat
2. Introduce Yoga Pretzel Deck - Standing poses and Balance poses
 - a. Mountain
 - b. Dancer
 - c. Triangle
 - d. Warrior 1
 - e. Warrior 2
 - f. Airplane
 - g. Tree
3. Student share balances and poses they know with a partner
4. Partner balances and poses from Yoga Pretzel Deck - back to back chair, Elevator, Rooftops
5. Create a sequence of 5 balances/poses – practice sequence – teach sequence to a partner

Equipment:

Mats, Yoga Pretzel Deck, Yoga music (optional)

Assessment Ideas:

A - Student ability to hold yoga poses for an extended period of time
 B – student's experiencing flexibility component of functional fitness
 C – student's cooperation with partner during partner tasks
 D – student's ability to participate actively, willingly, and safely in balance activities

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Table of Contents Sample Adapted Physical Education Lesson Plans

1. Understanding the eBook Sample Adapted Physical Education Lesson Plans
 - The Rise of Digital Reading Sample Adapted Physical Education Lesson Plans
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Adapted Physical Education Lesson Plans
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Adapted Physical Education Lesson Plans
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Adapted Physical Education Lesson Plans
 - Personalized Recommendations
 - Sample Adapted Physical Education Lesson Plans User Reviews and Ratings
 - Sample Adapted Physical Education Lesson Plans and Bestseller Lists
5. Accessing Sample Adapted Physical Education Lesson Plans Free and Paid eBooks
 - Sample Adapted Physical Education Lesson Plans Public Domain eBooks
 - Sample Adapted Physical Education Lesson Plans eBook Subscription Services
 - Sample Adapted Physical Education Lesson Plans Budget-Friendly Options

6. Navigating Sample Adapted Physical Education Lesson Plans eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Adapted Physical Education Lesson Plans Compatibility with Devices
 - Sample Adapted Physical Education Lesson Plans Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Adapted Physical Education Lesson Plans
 - Highlighting and Note-Taking Sample Adapted Physical Education Lesson Plans
 - Interactive Elements Sample Adapted Physical Education Lesson Plans
8. Staying Engaged with Sample Adapted Physical Education Lesson Plans
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Adapted Physical Education Lesson Plans
9. Balancing eBooks and Physical Books Sample Adapted Physical Education Lesson Plans
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Adapted Physical Education Lesson Plans
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Adapted Physical Education Lesson Plans
 - Setting Reading Goals Sample Adapted Physical Education Lesson Plans
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Adapted Physical Education Lesson Plans
 - Fact-Checking eBook Content of Sample Adapted Physical Education Lesson Plans
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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