

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

Sample Adapted Physical Education Lesson Plans

ML Morrison



Sample Adapted Physical Education Lesson Plans:

The book delves into Sample Adapted Physical Education Lesson Plans. Sample Adapted Physical Education Lesson Plans is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sample Adapted Physical Education Lesson Plans, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sample Adapted Physical Education Lesson Plans
 - Chapter 2: Essential Elements of Sample Adapted Physical Education Lesson Plans
 - Chapter 3: Sample Adapted Physical Education Lesson Plans in Everyday Life
 - Chapter 4: Sample Adapted Physical Education Lesson Plans in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Sample Adapted Physical Education Lesson Plans. This chapter will explore what Sample Adapted Physical Education Lesson Plans is, why Sample Adapted Physical Education Lesson Plans is vital, and how to effectively learn about Sample Adapted Physical Education Lesson Plans.
 3. In chapter 2, the author will delve into the foundational concepts of Sample Adapted Physical Education Lesson Plans. This chapter will elucidate the essential principles that need to be understood to grasp Sample Adapted Physical Education Lesson Plans in its entirety.
 4. In chapter 3, the author will examine the practical applications of Sample Adapted Physical Education Lesson Plans in daily life. This chapter will showcase real-world examples of how Sample Adapted Physical Education Lesson Plans can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Sample Adapted Physical Education Lesson Plans in specific contexts. The fourth chapter will explore how Sample Adapted Physical Education Lesson Plans is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Sample Adapted Physical Education Lesson Plans. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Adapted Physical Education Lesson Plans.

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