





| General Outcomes | <br>Activities |                             | <br>Benefits Health |            |            | <br>Cooperation |           |            |          | <br>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

**SJ Ball**



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