





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
Specific Outcomes													

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

IM Harris



Sample Adapted Physical Education Lesson Plans:

Decoding **Sample Adapted Physical Education Lesson Plans**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sample Adapted Physical Education Lesson Plans**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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