





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

**Joseph P. Winnick**



## **Sample Adapted Physical Education Lesson Plans:**

## Unveiling the Magic of Words: A Report on "**Sample Adapted Physical Education Lesson Plans**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Sample Adapted Physical Education Lesson Plans**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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