

LESSON 13: STUDENT-LED YOGA SEQUENCES

Grade-Level Outcomes

Primary Outcome

Fitness activities: Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

Embedded Outcome

Working with others: Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. (S4.H3.L2)

Lesson Objectives

The learner will:

- demonstrate knowledge of asanas through a sequenced mini routine.
- present the mini routine to the class and lead the class in performing it.
- evaluate classmates.

Equipment and Materials

- Copy of the feedback form for each student for each presentation
- Copy of the class evaluation and reflection sheet for each student
- Copy of the grading rubric for each student
- CDs, music playback devices, and speakers available for students
- Mats and blocks for each student

Introduction

In the remaining lessons, you will perform your final projects as well as evaluate them. I will also be evaluating your routines. I will lead a short warm-up [see Lessons 1 and 2], which you will end with your new asana. Then we'll get started on the student-led routines.

Instructional Task: Student Presentations

■ PRACTICE TASK

Have the order of presentations available for students.

- Presentations should be 20 to 25 minutes long, with a 5-minute transition period to switch students and complete the feedback form.
- Keep groups moving. If a group ends early, note that on the rubric. Don't let groups go over the time limit to prevent backup.
- You complete the rubric for each routine as well.

EMBEDDED OUTCOME: S4.H3.L2. During the task, students have the opportunity to lead their classmates in a new routine. Provide feedback about how well they led the class, as well as on the poses themselves.

Student Choices/Differentiation

Allow students to choose the order of presentations.

What to Look For

- How is their timing?
 - How is their cueing?
 - Was their teaching of the new asana effective?
 - Could students follow the sequence?
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Formal and Informal Assessments

- Rubric for presentations
- Feedback form
- Final evaluation
- Journal assignments (see homework)

Closure

- How did you feel about the new routines you practiced today?
- Was it difficult to evaluate each other?
- If you led a routine today, what, if anything, would you change for next time?

Reflection

- Did students have trouble leading their classmates for the full time?
- Was there good flow in their routines?
- Did they remember to incorporate good breathing technique?

Homework

Journal assignment:

- How effective were the routines you experienced today?
- Would you change anything?

PEER YOGA LESSON EVALUATION

Name: _____ Block: _____ Date: _____

Please answer all questions in accordance with the yoga routine that just occurred.
Please make sure you support your answers and provide details as appropriate.

1. What did you like about your classmates' lesson? Why?
2. What do you think your classmates could have done better? How could they improve the session?
3. How did you feel during the session? What made you feel this way? (Please give details.)
4. On a scale of 1 to 5, I give this lesson a _____.
5. Additional comments: