

LESSON 14: 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

Today, we will continue with your final project and your evaluations of them. I will evaluate your projects. I also will lead a short warm-up [see Lessons 1 and 2], which you will end with your new asana. Then we'll continue with 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 allotment 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 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?