

LESSON 12: STUDENT YOGA SEQUENCE

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: Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)

Lesson Objectives

The learner will:

- demonstrate knowledge of asanas and sequencing of a mini routine.
- research a new asana.
- design a routine to teach to the class as outlined in the instructions and rubric.

Equipment and Materials

Chromebook, computer, or other resources for each student or set of partners.

Introduction

In today's class, I will review your quiz results and go over your final assessment. This project includes a set of partners working together to design a 20- to 25-minute yoga practice, based on previous knowledge. You must also research one new asana and teach it to the class. In the next three classes, students will lead the class and fill out evaluations on the process. This is a great way to check overall understanding of your yoga practice.

Note: If classes are large, use small groups instead of partners.

Instructional Task: Working on Presentation

■ PRACTICE TASK

Have students seated throughout the space. Distribute the instructions and scoring guide for the project and review them with students (see handout).

- Students may work together or alone.
- Once they decide what new asana they will teach, have them come tell you so you do not have any repeats.

EMBEDDED OUTCOME: S4.H4.L1 Students have to think about how to put their routines together, using critical components from previous lessons.

Student Choices/Differentiation

Make sure you have a variety of resources available, including websites, books, and music. Have students share if they find a good site as a resource.

What to Look For

- Are students on task?
- Are they having difficulty deciding on a routine?
- How strong is their knowledge of asanas?

Instructional Task: Practicing Routines

■ PRACTICE TASK

Students write down the sequence they want to try. Have them practice the sequence.

Refinement

Students often have a difficult time with the timing of the sequence and how long to hold each position. Have them practice and make adjustments until sequences are smooth and fluid.

Extension

Once students are comfortable with their sequences, have them practice verbal cues for leading the class.

What to Look For

- Will students need more time?
 - How is their timing?
 - Can they fill the entire time (20 to 25 minutes)?
-

Formal and Informal Assessments

- Teacher observation and correction
- Journal assessments

Closure

- Quiet the mind; chime the gong. Have students listen and focus on the sound as long as they can.
- We'll start your routines next class, so please be ready. You should try to practice so your movements are smooth and your cues are timed properly.

Reflection

- Do you think this task was easy for them?
- Do they need more time planning?
- Are you confident in your teaching that they learned enough?

Homework

Finish up and finalize your routines for the next three classes.

Journal assignment:

- Do I feel prepared for my routine? Do I need more time?
- Did I have any immediate questions for the new postures?

Resources

Brown, C. (2003). *The yoga bible*. Cincinnati: Walking Stick Press.

Martin, K., Boone, B., & DiTuro, D. (2006). *Hatha yoga illustrated*. Champaign, IL: Human Kinetics.

Stephens, M. (2012). *Yoga sequencing*. Berkeley, CA: North Atlantic Books.

Good websites: www.yoga.com; www.yogajournal.com/category/poses; www.artofliving.org/yoga/yoga-poses/yoga-poses-categories; www.yogabasics.com/practice/yoga-postures.

Internet keyword search: "yoga sequences," "yoga poses," "short yoga routines"

GROUP-LED YOGA SEQUENCE RUBRIC INSTRUCTIONS AND GUIDELINES

1. Each yoga session must be 20 to 25 minutes in length.
2. You must include one new asana that you have researched.
3. Follow the sequence we have been learning in class: Start with centering, then easy poses (warming up), more challenging poses, less challenging poses (cooling down), and relaxation (corpse pose).
4. Review the rubric carefully so you know how your sequence will be assessed.
5. Practice the sequence and the cue—don't just wing it.
6. Have fun and be creative!

Checklist for Yoga Sequence

Warm-up

- _____ Abdominal routine (5 min)
- _____ Got the class's attention to focus and quiet the mind
- _____ Incorporated breathing into warm-up
- _____ Used proper asanas
- _____ Reached all body parts
- _____ Warmed up the spine

Practice

- _____ Chose asanas and pranyamas the class has practiced
- _____ Chose at least one new asana
- _____ New asana was taught properly
- _____ Practice session had flow from one asana to another
- _____ Practice was challenging to all levels
- _____ Incorporated pranayama in all asanas
- _____ Used correct names and instructed asanas correctly
- _____ Maintained student focus
- _____ Remained on time

Relaxation

- _____ Allotted enough time (no more than 5 min)
- _____ Maintained focus on clearing mind and pranayama
- _____ Brought people into relaxed state
- _____ Ended session on time

General

- _____ Showed obvious understanding and knowledge of subject matter
- _____ Used appropriate tone of voice; all students could hear
- _____ Music chosen was appropriate for the routine
- _____ Maintained a balance of flow and timing
- _____ Did and instructed the asanas and pranyamas correctly
- _____ Demonstrated that they were prepared

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