

LESSON 11: SHOULDERS

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games and target games). (S1.H1.L2)

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

Movement concepts, principles & knowledge: Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)

Embedded Outcomes

Physical activity knowledge: Discusses the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)

Engages in physical activity: Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)

Lesson Objectives

The learner will:

- demonstrate proper breathing techniques while performing asanas.
- refine asanas learned previously.
- demonstrate asanas with focus on the shoulders.
- apply the terminology and principles of yoga during a written assessment.

Equipment and Materials

- Yoga mat for each person
- Block
- Appropriate yoga music

Introduction

Today, we will continue our vinyasa with a guided practice. It will be a review of asanas that we've practiced, along with a few new ones and some extensions. The new focus will be on the shoulders. This will be the last time I lead our practice, as we will transition to student-led routines as a final assessment over the next three classes. We'll start with our regular warm-up sequence [see Lessons 1 and 2] and then extend it with staff and seated angle poses. At the end of class, you'll take the quiz on yoga.

Instructional Task: Warm-Up Extension

■ PRACTICE TASK

EMBEDDED OUTCOME: S3.H1.L1 As students complete the warm-up, and before moving on to vinyasa, discuss the value of yoga to a physically active lifestyle.

Guiding questions for students:

- What are the benefits of a physically active lifestyle?
- How does yoga contribute to a physically active lifestyle?
- How can yoga help your productivity in college or a career?

Student Choices/Differentiation

Warm up can include going through some of the spinal twists more than once and holding for less time or for longer time.

What to Look For

Am I cueing students to focus on breathing and keeping the spine aligned?

Instructional Task: Vinyasa

■ PRACTICE TASK

Demonstrate the new poses.

Downward dog

Dolphin (downward dog on elbows)

Downward dog

Extensions

- Lift leg and rotate over body to open and stretch hips.
- Repeat, switching legs in hip opener.
- Rag doll
- Quiet mountain
- Sun salutations four times
- Five-pointed star
- Triangle
- *Extended side angle*
- Pyramid
- Lunge
- Repeat triangle through lunge on other side
- Plank
- Elbow plank
- Plank
- Downward dog
- Hip opener
- Rag doll
- Quiet mountain

Student Choices/Differentiation

Video clips or posters can help students learn and remember new poses.

- Dolphin: Keep knees bent if hamstrings are tight. Keep hips up if comfortable.
- Extended side angle: Wrist can either rest on bent leg or all the way to the floor (depending on comfort level).

What to Look For

- Are students staying with my cues?
- Am I going too fast? Too slow?
- Are they breathing during side angle pose?

Instructional Task: Shoulder Focus

■ PRACTICE TASK

Demonstrate the new poses.

Students should move slowly to a seated position on the mat.

Bridge

Crab

Wheel

Refinement

Cue students to come down slowly.

Student Choices/Differentiation

Video clips or posters can help students learn and remember new poses.

- Wheel: If students are very comfortable, you can have them lift an arm or leg as a challenge.
- If wheel is too difficult, students can stay with bridge.

What to Look For

- Students are pushing through their heels during wheel.
- Students are able to lift their heads off the ground in wheel.

Instructional Task: Cool-Down

■ PRACTICE TASK

Have students lie on their backs in savasana (corpse pose).

Cue with breath counting.

Student Choices/Differentiation

Knees can be up with feet on the floor for those whose lower back is uncomfortable.

What to Look For

- Are students breathing appropriately?
- Are they letting go of any tension?

Instructional Task: Quiz

■ PRACTICE TASK

Administer a quiz on yoga practice and principles.

Student Choices/Differentiation

Allow extra time where needed.

What to Look For

- Are students able to identify the different poses correctly?
- Do they understand the importance of breathing at the proper time?

Formal and Informal Assessments

- Teacher observation and correction
- Cognitive test on yoga terminology and principles
- Journal assignments (see homework)

Closure

- Quiet the mind; chime the gong. Have students listen and focus on the sound as long as they can.

Reflection

- After reading the journal questions, consider how many students would feel comfortable taking a class outside of the school.
- What could I have done differently to make more students feel comfortable? Or does everyone feel comfortable?

Homework

Journal assignment:

- What have you discovered about your body during the past 11 classes?
- How comfortable are you with the postures thus far?
- Would you be able to take a yoga class outside of school? Why or why not?
- This was the last time for logging all your physical activity outside of class.
- Describe the patterns that you found in your log. For example, what days and times are you most active? Least active? Do you like to be active with others or by yourself?
- How active are you outside of physical education class?
- Do you need to change your patterns to meet the guidelines? (Embedded outcome: S3.H6.L1)

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.

Internet keyword search: “dolphin pose,” “wheel,” “side angle pose”