

**POWER STANDARD 5: I Value Physical Education, Fitness, and Health****LEARN BY TEACHING: YOGA**Name: Clark Lopez       Power standard 3: I participate regularly.       Power standard 5: I value physical education, fitness, and health.

Teach someone in your household the sun salutation (12 poses). Then write a paragraph describing how this went (pros and cons of teaching).

**Pros and Cons of Teaching the Sun Salutation**

Briefly describe your teaching experience:

*Mara was new to the sun salutation but was able to demonstrate all of the poses quite well. However, she lacks flexibility. I learned how difficult it is to teach and provide feedback.*

**Participant's Questions**

The participant needs to answer these questions and circle the best choice. Your participant can use the attached sun salutation checklist.

Participant's name: Mara Relationship to teacher: Family member

Please circle the best choice.

1. Have you learned the sun salutation before?      Yes      No
2. Rate your teacher.      Knew poses well      Struggled a bit
3. Was the teacher able to name the poses while teaching you the sun salutation?      Yes      No
4. Circle the number that best represents the number of poses that your teacher was able to name.  
1-2      3-4      5-6      7-8      9-10      11-12
5. Circle the number that best represents the number of poses your teacher was able to teach you well (please refer to the list of poses).  
1-2      3-4      5-6      7-8      9-10      11-12

(continued)

## FORM 9.7 (continued)

### Poses

1. Mountain
2. Backward bend
3. Forward fold
4. Forward right lunge
5. Downward-facing dog
6. Cobra
7. Upward-facing dog
8. Downward-facing dog
9. Forward left lunge
10. Forward fold
11. Backward bend
12. Mountain
13. Repeat steps 1-12