

POWER STANDARD 1: I Can Move Correctly**YOGA BINGO POSES**

Name: _____

_____ I have acquired the knowledge necessary to identify and demonstrate competency in motor skills for lifetime sports.

_____ I am able to identify movement patterns and biomechanical principles in a variety of lifetime sports.

Choose 16 yoga exercises from this list (one for each space on your bingo board). For each one, draw a picture, print a picture from the Internet, or cut out a picture from a magazine.

Mountain	Hands up, back extension
Lunge	Warrior
Plank	Leaning stick, airplane
Upward-facing dog	Downward-facing dog
Triangle	Open heart
Head to knee, rag doll	Cobra
Full locust	Bow and arrow
Tree	Fish
Camel	Dancer
Half-moon	Single-leg cat
Pretzel	Plow
Lion	Standing splits
Chair	Eagle
Five-pointed star	Bridge
Side plank	Corpse