

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**LEARN BY TEACHING: YOGA**

Name: _____

_____ 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:

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: _____ Relationship to teacher: _____

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