

# POWER STANDARDS 1, 2, AND 5: I Can Move Correctly; I Can Train Myself and Others; and I Value Physical Education, Fitness, and Health

## FINAL PROJECT IN YOGA- AND PILATES-BASED CLASS

Name: \_\_\_\_\_

In groups of three or fewer, choose one of four ideas to be completed for your final project.

**Idea 1: You and your group create a 20-minute Pilates, yoga, or combined Pilates and yoga video.**

- \_\_\_\_\_ Need access to video camera.
- \_\_\_\_\_ Each need to participate in video.
- \_\_\_\_\_ Teach proper form and position.
- \_\_\_\_\_ May opt for the video to be for beginning, intermediate, or advanced.
- \_\_\_\_\_ Use minimum of 20 yoga poses.

**Idea 2: You and your group create a 20-page picture book on yoga exercises, Pilates exercises, or combined Pilates and yoga exercises.**

- \_\_\_\_\_ Need access to computer for research and for the completion of book.
- \_\_\_\_\_ Need minimum of 20 poses and exercises.
- \_\_\_\_\_ Group needs to be creative and able to divide work.
- \_\_\_\_\_ The book needs to be user friendly—it needs to be easy to understand with illustrations and explanations of poses.

**Idea 3: You and your group create a 20-minute relaxation tape and script.**

- \_\_\_\_\_ Need access to tape recorder.
- \_\_\_\_\_ Tape needs to flow well without interruptions.
- \_\_\_\_\_ Tape needs to get a person to relax.
- \_\_\_\_\_ Script needs to match tape.
- \_\_\_\_\_ Tape and script can be used in a stretch class.

**Idea 4: You and your group teach yoga or Pilates to an elementary PE class or middle school PE class.**

- \_\_\_\_\_ Need to contact PE teacher at school and arrange date (prearranged absence form and transportation form must be granted).
- \_\_\_\_\_ Need to thoroughly explain to kids the benefits as well as the exercises you are demonstrating. Demonstrate at least 20 poses.
- \_\_\_\_\_ All need to assess kids as they are participating.
- \_\_\_\_\_ Ask if teacher has mats and access to music.
- \_\_\_\_\_ Submit a write-up on how your teaching went and the response of the students.