



Physical Education Virtual Learning

High School/Team Sports

April 09, 2020



Lesson: [April 9th: At Home Workout]

Objective/Learning Target:

The students will be able to successfully master with 100% accuracy each yoga pose

Learning Target: Full Body

Instructions:

1. Perform each activity with choosing Level 1, 2, or 3 on the difficulty scale
2. Take a 1 minute rest in between each SET
3. Email YOUR personal PE teacher responses to these questions:
 1. What was your heart rate on one of the workouts?
 2. How do you feel post workout?
 3. Rate the intensity of the workout?
 4. What body part / muscle was triggered?

Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



10



11



12

