



Personal Fitness Virtual Learning

Yoga

April 13, 2020



7/8th Grade Personal Fitness
Lesson: [April 13th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log

S3.M18 Demonstrates basic movement used in other stress
reducing activities such as yoga

Essential Question:

How can yoga help me relax and release some stress?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will recognize the importance of stress reducing activities**

Let's Get Started:

1. Follow this warm-up to get started!!
 - [Warm-up video](#)

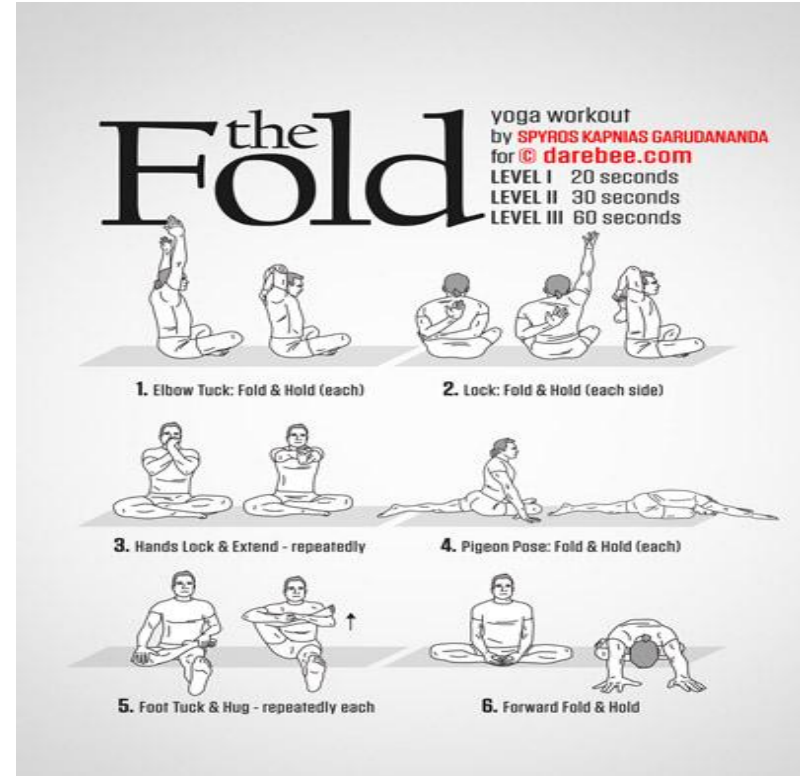
Practice #1

- Practice the movements on the workout card below:
 - this will help prepare you for the video
 - hold each one for 20 sec



Practice #2

- Practice the movements on the workout card below:
 - this will help prepare you for the video
 - hold each one for 20 sec



Practice on your own:

- Complete the video for your workout
 - focus on slow relaxed breathing
 - make sure you are in a quiet setting with no distractions
 - if you don't have a yoga mat, create one with a blanket
 - complete 30 minutes of the video
- [Yoga workout](#)

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: Why is yoga a good stress relief activity?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house