

Physical Education Lesson Plan

Part 1: Lesson Plan Overview

Class Information			
Name:	Ashley Jordan	Date:	3/22/2017
Unit:	Yoga		
Grade or Developmental Level(s):	7th		
Number of Students:	35-40	Lesson Number:	2
		Lesson Length:	45
Lesson Topic			
Introduction:	Warrior Poses, Sun Goddess, Triangle		
Student Learning Objective(s) NOTE: Should consist of one sentence including ALL 3 parts: Situation, Task, and Criteria			
Cognitive:	Students will demonstrate knowledge of what muscles are being worked during poses by naming the muscle while in pose 2/3 trials.		
Psychomotor:	Students will perform poses with correct form ¾ time on their yoga mats.		
Affective:	Students will be assessed while taking through a short savasana portion of class.		
Literacy:	Students will be able to correctly recall the name of the pose when shown a picture at the end of the class 5/5 tries.		
Assessment of Student Learning (indicate where and how you will assess the student learning outcomes)			
	All Students	Any Accommodations or Modifications	
Cognitive:	Students will be assessed as the teach walks around to observe the students form by asking the student individually.	If need be this time will be used for Q & A for students struggling with the concepts.	
Psychomotor:	Students will be given time to transition between the poses and will demonstrate correct for while performing pose. Teacher will walk around to observe.	While teacher walks around they will adjust student's poses that are struggling with the positioning in the poses.	
Affective:	Students will be assessed while taking through a short savasana portion of class.	Students who disrupt others savasana repeatedly will be asked to sit to the side while others participate.	
Literacy:	Teacher will have pictures at the end of class. Students will be asked to identify poses.	N/A	
Adaptations (list student with disability by first OR last name only, give diagnosis, list accommodations to be made)			
Student: N/A	Disability (diagnosis): N/A	Accommodations or Modifications: N/A	

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Materials/Resources/References

Materials/Equipment	40 yoga mats, music player
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References:	Gophersport.com
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National Grade Level Outcomes for K-12 Physical Education

<http://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education-rev1.pdf>

National Outcomes:	<p>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>
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State Standards (SC-PE)

http://ed.sc.gov/agency/stateboard/documents/SLA-03_PEstandards-FirstReading_9-14-ATTACH.pdf

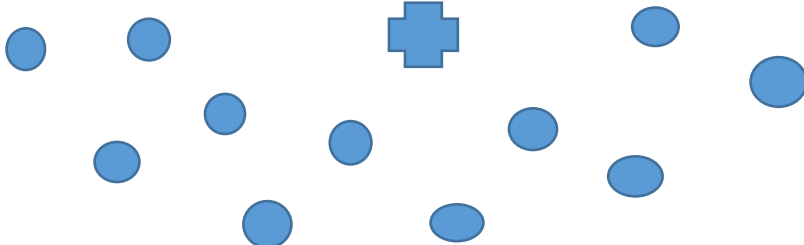
State Standards:	<p>8-2.5 Identify selected physical-activity experiences for social, emotional, and health benefits (for example, jogging to reduce stress, walking with a friend for social interaction).</p> <p>8-3.1 Monitor his or her own participation in physical activity (for example, maintains an activity log for a seven-day period, documenting progress toward achievement of personal goals).</p> <p>8-5.3 Accept differences among people and make an effort to include a diversity of participants in physical-activity events (for example, seeks out, participates with, and shows respect for peers with different ability levels</p> <p>8-5.4 Accept responsibility for behaving in a safe and productive manner in physical-activity settings (for example, without teacher prompting, use equipment as intended).</p> <p>8-6.1 Seek and explore physical-activity opportunities that provide personal meaning and enjoyment (for example, participate in organized sports for the joy of competition, ride a mountain bike to enjoy nature trails).</p>
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Approval: *My signature below indicates that I reviewed and approved this lesson prior to it being taught.*

Signature of Cooperating Teacher:	
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Part 2: Lesson Plan Outline

Explanation/Demonstration	
Skills Reviewed/Introduced:	Learning Cues:
Warrior Poses, Sun Goddess, Triangle	<ul style="list-style-type: none"> Keep chest out, smooth movements, inhale and exhale, core tight
Floor Plan for Learning Activities	
Note: Floor Plan can be drawn by hand, scanned and then inserted as an image.	
	

Part 3: Instructional Schedule

Instruction/Practice Activities with Procedures and Organization NOTE: Be sure to indicate where TRANSITIONS will take place.					
Time	Standards	Content/Instruction	Organization/Management	Teaching Cues/Prompts	Adaptations
Introduction:					
5 mins	8-2.5	<ul style="list-style-type: none"> Review Introduction of new poses 	<ul style="list-style-type: none"> While students are sitting on their mats we will go over what was learned in previous lesson and introduce the new poses that will be worked on in this lesson 	<ul style="list-style-type: none"> Eyes up front 	<ul style="list-style-type: none"> If there are not enough mats students will take turns using mats during lesson.

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Fitness:					
10mins		<ul style="list-style-type: none"> • Spiderman workout • 	<ul style="list-style-type: none"> • Full circuit 2 x through -20 MT Climbers, 10 spidey pushups, 10 plank jump ins, 10 squats, tricep pushups, 20 alt arm leg planks, 20 Russian twists, 10 knee crunches 	<ul style="list-style-type: none"> • Keep abs tight and no mountains or valleys • • 	<ul style="list-style-type: none"> • Students who find the exercise to strenuous can takes 5 seconds longer on the rest • •
Focus: (Skill Review/Development)					
20mins	8-2.5, 8-6.1	<ul style="list-style-type: none"> • Sun Salutation plus Warriors • Triangle to Sun Goddess 	<ul style="list-style-type: none"> • Students will remain on their mats and teacher will demonstrate how to do warrior 1, 2, and reverse warrior. Students will practice getting into this pose and shifting between the warriors. The students will the incorporate what they learned from the previous lesson into the sequence. Starting from the beginning of sun salutation students will follow the teacher led yoga session. The teacher will add in the warrior moves. The full sequence will be repeated 3 times. • Remaining on the mats the students will come to a triangle stance. They will be taken through Triangle variations and triangle folds. They will then come into a sun goddess where they will pulse. We will go through these sequences twice. 	<ul style="list-style-type: none"> • Keep chest out, smooth movements, inhale and exhale, core tight • • 	<ul style="list-style-type: none"> • Students who have wrist problems can use forearms instead of hands •
Game:					
5mins	8-5.3, 8-3.1	<ul style="list-style-type: none"> • Partner Yoga • 	<ul style="list-style-type: none"> • Students will pair up and practice 4 partner yoga poses. Crossover yoga pose, chair pose, butterfly. 	<ul style="list-style-type: none"> • Breathe, tight core, talk to each other • 	<ul style="list-style-type: none"> • If uneven one group will rotate in a group of 3 •

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			<ul style="list-style-type: none"> Students will work on their team work and skill building. They will also work on poses they learned in the last lesson. Each pose will be performed correctly twice. 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Closure:					
5mins	8-5.3	<ul style="list-style-type: none"> Savasana Quiz with pictures 	<ul style="list-style-type: none"> Students will be lead through a 3 minute savasana. The teacher will lead the students through breathing exercises and a brought to a state of relaxation. Students will alternate between quick short breaths and deep slow breaths. Students will be asked to identify the pose being performed on a set of pictures displayed by the teachers. 	<ul style="list-style-type: none"> Quiet the mind, inhale slow, exhale slow, keep eyes closed. 	<ul style="list-style-type: none"> N/A
Reflection					
Reflection:					