**Unit:** Yoga  **Lesson Focus: Lesson 1** Create your own - TSPR   **Grade Level:** 7th    **Class Size:** 25

**Facilities:** Virtual    **Equipment:** Paper and pencil

**Standards:** Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

**Previous Learned Skills:** Mountain Pose, Chair Pose, Forward Fold, Warrior I & II, Tee Pose, Downward Facing Dog, Cobra Pose, Corpse Pose

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| **Objectives: (three domains)**  Psychomotor: SWBAT demonstrate proper technique for at least 2 of the 4 poses during group demonstration.  Affective: SWBAT demonstrate an acceptance of responsibility for individual and partner improvement by providing and implementing at least one verbal feedback after group demonstrations.  Cognitive: SWBAT identify different yoga poses when asked during group demonstrations. | | |
| **Differentiation/Planned support:**  IEP/504: Demonstrations of how to do group activities, white board diagrams, vocabulary written on the board in large writing, close proximity to whiteboard and teacher, Youtube videos on schoolloop for review.  ELL: Demonstrations of how to do activities, more skilled students will coach less skilled students, group activities, partnered with shared language speakers, white board visuals, vocabulary written on the board in large writing, Youtube videos on Schoolloop have translations available. One-on-one check in with ELLs will be done during breakout rooms.  Economically Disadvantaged: Students can message teachers directly if they are unable to turn on cameras due to personal reasons. | | |
| **Academic language:**  **Vocabulary:** Critical thinking, cooperation, communication, responsible, considerate, cooperative  **Function:** Evaluate the technique of their group mates and give feedback. Will contrast the different poses. Demonstrating skills, knowledge, and ability to communicate positively.  **Syntax:** Verbal and physical cues are used to explain the poses and procedures. Proud chest, Reach for the sky, strong as a tree trunk  **Discourse:** Engage in discourse with the teacher during opening, closing, and with classmates during instruction.  **Language Supports:** translation will be done throughout the lesson for ELLs. Several call and response, group activity, Teaching social and personal responsibility, demonstrations/cooperative learning/pair-share/checks for understanding throughout the lesson. | | |
| **Formative Assessment: (*what evidence will you look for and how will you provide feedback*)**  **Psychomotor:** Students ability to accurately perform 2 of the 4 yoga poses during group demonstration.  **Affective:** Students ability to assess classmates performance by giving at least one corrective feedback and provide on personal improvement they will work on throughout the rest of the unit. | | |
| **Opening: Engage** | **Teacher Actions**  The Teacher will greet class and take attendance.  Relationship building Share out: 1 Rose 1 Thorn | **Student Actions and Organization**  Students will greet each other and teacher |
| **Introduction:** | Teacher will begin with fitness warm-up    After warm-up teacher will explain to student the lesson and objective for the day. In the class contract student will describe in their own words their goal for the day. | Students will listen to plan for the day, participate in warm-ups and complete Class Contract. ~7-8 min |
| **Body of lesson (explore, explain, elaborate)** | Following the the teacher will lead the 10-pose yoga practice.  The teacher will ask studentsif they remember the name of the of the poses. Teacher will demonstrate and name the different poses being performed. Teacher will explain the correct form and cues for each pose.    After 8 minutes of teacher demonstrations, students will be instructed to break into groups of 3-4 to create their own yoga practice of 3-4 poses.      After 3-5 minutes, students will be asked to demonstrate the yoga practice they created as a group.      **Teachers will join every breakout room to assess students' cooperation for creating 3-4 yoga practice and giving students positive and corrective feedback.**      Students will join main room to demonstrate their yoga practice to the rest of the class. Each group has 4 minutes to demonstrate.    Students not demonstrating will write down at least one corrective feedback for all performing groups including their group. | Student will follow along, answer teacher questions, watch demonstrations, and answer questions about the names and techniques of the poses.            After explanation, students will join the assigned breakout rooms to work in groups.              Students will perform their groups yoga flow.    Students will demonstrate they know the names of the poses and appropriate cues. |
| **Closure:** | Students will refer back to the class contract.  -How do you know you accomplished your goal or didn’t accomplish it?  -What do you need to work on during the next week? | Students will demonstrate personal responsibility by |

PE Class Contract

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal for the day\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Things I will do to accomplish goal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_