WARM-UP TEACHING ASSIGNMENT

IYENGAR YOGA

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PE 352 – SO1
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## LESSON PLAN

### TIME | LESSON CONTENT | TEACHING POINTS & ORGANIZATION
---|---|---
2:30 p.m. | Introductory Activities/Warm-Up  
_TADASANA_—mountain pose  
Advance:  
• try pose with eyes closed  
• feet together  
• extend your toes  
• balance evenly  
• feel spine lengthen  
• breathe evenly  
• quality of pose  
• each student gets a mat  
• command style to demonstrate  
• find a partner—odd person join group of 2  
• practice style to reproduce skill  
• emphasis on producing the movement  
• concentrate on each part of pose |  
2:32 p.m. | Skill Development-Concept  
_VRKSASANA_—tree pose  
_UTTHITA TRIKONASANA_—triangle pose  
Advance:  
• introduce time factor  
• feel tall and extended  
• bend from hip  
• keep hip back (rear)—same plane  
• take your tailbone to lengthen your spine  
• groups of two—odd person, join group of 2  
• command style continued  
• reciprocal style were students help each other  
• each group uses a set of mats—doer and observer—switch between the two movements  
• monitor and evaluate  
• provide feedback |  
2:36 a.m. | Culmination Activity  
_GARUDASANA_—eagle pose  
_VIRABHADRASANA_—warrior pose  
• maintain balance  
• straight line from chin to floor  
• squeeze your thighs together  
• lift sternum  
• each student takes a mat and chooses a poses to try  
• inclusion style were student of varying level attempt level appropriate poses  
• visual and verbal feedback  
• kinesthetic self discovery  
• decision making and analysis |  
2:39 p.m. | Closure  
• reinforce key elements and give feedback for improvement |  
2:40 p.m. | Evaluation  
• instruction time and time on task worked well; effectively explained the movements  
• try to face the class when demonstrating and eliminate any/all distractions  
• difficult to fit all the activity into a short warm-up; perhaps break it up into sections  
• use student demonstrations to reinforce movements  
• new type of activity to many people; good way to introduce activity to those who don’t like it  
• Does this activity warm-up the muscles for gymnastics? |
LESSON PLAN

SKILL: TADASANA—mountain pose
STYLES USED: COMMAND STYLE (A)—precision performance—reproducing a predicted response or performance on cue. PRACTICE STYLE (B)—individual and private practice of a reproductive task with feedback.

Focus on:
- body awareness

Aim: Instructor—demonstrate to all students in the group each aspect of the pose from beginning to end. Students—observe and interpret the movements presented and try to reproduce.

Cues:
- balance by standing with feet together
- lengthen by stretching each vertebra
- breathing evenly and comfortably through your nose

Extension: To advance, keep your eyes closed throughout the pose

SKILLS: VRKSASANA & UTTHITA TRIKONASANA—tree pose & triangle pose
STYLES USED: COMMAND STYLE (A)—precision performance—reproducing a predicted response or performance on cue. RECIPROCAL STYLE (C)—social interactions, reciprocation, and giving feedback (guided by specific criteria).

Focus on:
- quality of movement

Aim: Instructor—demonstrate to all students in the group each aspect of the pose from beginning to end. Students—observe and interpret the movements presented and reproduce.

Cues:
- balance by standing with feet together
- lengthen by stretching each vertebra
- breathing evenly and comfortably through your nose

Extension: To advance, introduce a time factor to hold each pose

SKILLS: GARUDASANA & VIRABHADRASANA—eagle pose & warrior pose
STYLES USED: INCLUSION STYLE (E)—learners with varying degrees of skill participate in the same task by selecting a level of difficulty at which they can perform.

Focus on:
- identifying the movement

Aim: Instructor—provide a criteria for each pose and an environment to attempt each pose; provide positive feedback. Students—decide what pose they want to try.

Cues:
- balance by standing with feet together
- lengthen by stretching each vertebra
- breathing evenly and comfortably through your nose

Extension: To advance, try combining one or more poses.