

WARM-UP TEACHING ASSIGNMENT

IYENGAR YOGA



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**Dr. Tim Hopper
PE 352 – SO1
February 4, 2003**

LESSON PLAN

PE 352 – Dr Hopper, 2003

UNIT: PE 352 – February 4, 2003

GRADE: Secondary

LESSON: IYENGAR YOGA

THEME OR TOPIC:

How to use Yoga as warm-up for Gymnastics?


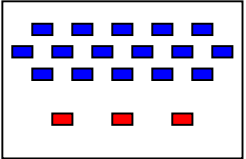


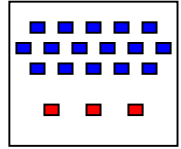


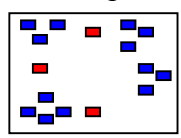
- Emphasize on holding movements
- Feeling each muscle group being used

LEARNING OUTCOMES:

1. Understand and apply the concept of relaxation and breathing—50% accuracy.
2. Demonstrate the correct technique when performing the following poses 80% of the time: Vrksasana and Utthita Trikonasana
3. Cooperate and provide constructive feedback to peer.

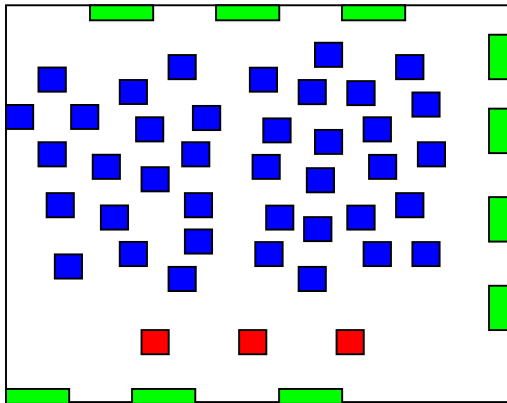
EQUIPMENT:

Floor mats;

TIME	LESSON CONTENT	TEACHING POINTS & ORGANIZATION	
<p>2:30 p.m.</p> <p>Approx. 2 mins.</p>	<p>Introductory Activities/Warm-Up TADASANA—mountain pose</p> <div style="display: flex; align-items: center;">   </div> <p>Advance:</p> <ul style="list-style-type: none"> • try pose with eyes closed 	<ul style="list-style-type: none"> • feet together • extend your toes • balance evenly • feel spine lengthen • breathe evenly • quality of pose 	<ul style="list-style-type: none"> • 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
<p>2:32 p.m.</p> <p>Approx. 4 mins.</p>	<p>Skill Development-Concept VRKSASANA—tree pose UTTHITA TRIKONASANA—triangle pose</p> <div style="display: flex; align-items: center;">    </div> <p>Advance:</p> <ul style="list-style-type: none"> • introduce time factor 	<ul style="list-style-type: none"> • feel tall and extended • bend from hip • keep hip back (rear) – same plane • take your tailbone to lengthen your spine 	<ul style="list-style-type: none"> • 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
<p>2:36 a.m.</p> <p>Approx. 3 mins.</p>	<p>Culmination Activity GARUDASANA—eagle pose VIRABHADRASANA—warrior pose</p> <div style="display: flex; align-items: center;">    </div>	<ul style="list-style-type: none"> • maintain balance • straight line from chin to floor • squeeze your thighs together • lift sternum 	<ul style="list-style-type: none"> • 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
<p>2:39 p.m.</p>	<p>Closure</p> <ul style="list-style-type: none"> • reinforce key elements and give feedback for improvement 		
<p>2:40 p.m.</p>	<p>Evaluation</p> <ul style="list-style-type: none"> • 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? 		

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:

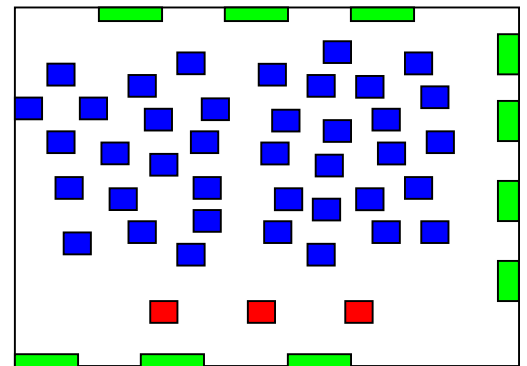
- quality of movement

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:

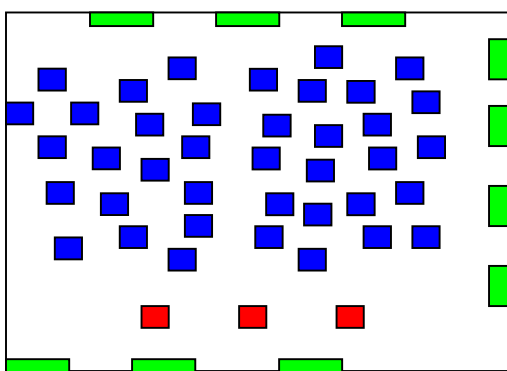
- **balance** by standing with feet together
- **lengthen** by stretching each vertebra
- **breathing** evenly and comfortably through your nose

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



SKILLS: GARUDASANA & VIRABHADRASANA—eagle pose & warrior pose

STYLE 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.

