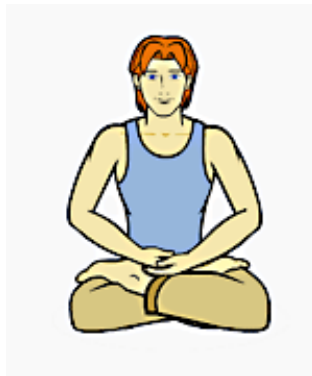


PEP:

Putting the Fun in Fitness

YOGA

School District of Philadelphia



Putting the Fun in Fitness

The School District of Philadelphia
Office of Teaching and Learning
Health, Safety and Physical Education



School Reform Commission

Chairman

Robert L. Archie Jr., Esq.

Commissioners

Denise McGregor Armbrister

Amb. David F. Girard-diCarlo, *(retired)*

Joseph A. Dworetzky

Johnny Irizarry

The School District of Philadelphia

Superintendent

Arlene C. Ackerman, Ed.D.

Deputy Superintendent

Leroy D. Nunery III, Ed.D.

*Associate Superintendent of Academics,
Curriculum and Accountability*

David Weiner

Deputy of Teaching and Learning

Linda Chen

The School District of Philadelphia
The Office of Teaching and Learning
440 N. Broad Street, Suite 251
Philadelphia, PA 19130

*Carol M. White, Physical Education for Progress
Cooperative Agreement # Q215F070064*

THE SCHOOL DISTRICT OF PHILADELPHIA
OFFICE OF TEACHING AND LEARNING
DIVISION OF HEALTH, SAFETY AND PHYSICAL EDUCATION
440 NORTH BROAD STREET
PHILADELPHIA, PENNSYLVANIA 19130

Bettyann Creighton
Director

Telephone: 215.400.4210
FAX: 215.400.4212

Physical Education is an integral part of a school-wide, comprehensive, instructional program, and contributes to mental alertness, academic achievement and social development. A quality health-related fitness program, improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance. Physical activity can also be an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience. Physical Education provides an opportunity for team building, cooperation, leadership development and sportsmanship.

According to NASPE guidelines, a high quality physical education program includes the following components:

- Opportunity to Learn, including qualified teachers and adequate resources
- Meaningful Content, including fitness education and assessment
- Appropriate Instruction, including full inclusion and well-designed lessons

The Office of Teaching and Learning, Division of Health, Safety and Physical Education is pleased to provide you with the Yoga Unit of the Physical Education Core Curriculum. This unit, made possible through a Department of Education, Carol M. White, Physical Education for Progress (PEP) grant, was developed by a cadre of Philadelphia Health and Physical Educators to meet the specific needs of our schools, teachers, students and communities. It includes background information, guidelines for implementation, equipment recommendations, additional resource identification, and core lessons. There is a blank lesson plan template for you to use for additional lessons that you design.

Thank you for the outstanding job that you do. We will do everything that we can to continue to provide professional updates, workshops and resources to support your program.

Acknowledgments

The Division of Health, Safety and Physical Education would like to thank the following individuals and organizations for their help and expertise in developing this unit.

Cardonick, Ellen

*-School District of Philadelphia Health and Physical Education Teacher
-Certified Personal Trainer, Certified Group Fitness Instructor*

Dan Drumm

-School District of Philadelphia Health and Physical Education Teacher

Robinson, Karin

-Communications Technology High School

Ray Rothbardt

-School District of Philadelphia Health and Physical Education Teacher

Christopher Theodore

-Meredith Elementary School

Table of Contents

PEP Letter.....	1
Acknowledgements.....	2
Preface.....	4
Academic Standards 10.4.9.....	7
Lessons	
1. Introduction/ Seated Poses.....	9
2. Additional Seated Poses/ Standing & Twisting.....	17
3. Bending and Stretching.....	24
4. Advanced Poses.....	29
5. Advanced Poses 2.....	35
Blank Lesson Template.....	41
Resources.....	42

Preface

Yoga is an ancient Indian body of knowledge that dates back more than 500 years. The word "Yoga" came from the Sanskrit word "yuj" which means "to unite or integrate." Yoga then is about the union of a person's own consciousness and the universal consciousness.

Ancient Yogis had a belief that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind, and the spirit. For these three to be integrated, emotion, action, and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through exercise, breathing, and meditation - the three main Yoga structures.

In Yoga, the body is treated with care and respect for it is the primary instrument in man's work and growth. Yoga Exercises improve circulation, stimulate the abdominal organs, and put pressure on the glandular system of the body, which can generally result in better health.

Breathing techniques were developed based on the concept that breath is the source of life. In Yoga, students gain breathing control as they slowly increase their breathing. By focusing on their breathing, they prepare their minds for the next step - meditation.

There is a general misconception that in meditation, your mind has to go blank. It doesn't have to be so. In meditation, students bring the activities of the mind into focus resulting in a 'quiet' mind. By designing physical poses and breathing techniques that develop awareness of our body, Yoga helps us focus and relieves us from our everyday stress.

A Basic Yoga Session

A basic yoga session need not take too long. A basic session usually follows this order:

- **Warm-up Exercises** - conditions your body for safe transition into poses. For beginners, you may just use the warm-up poses as your entire practice. Warm-up exercises open the shoulder muscles, the spine, the hips, the lower back, and the groin.
- **Standing Poses** - for alignment of the feet and the body. Opens the hips, stretches the legs, adds strength to your back and increases your range of movement. Standing poses facilitate digestion, blood circulation and are good for those who want to lose weight.
- **Sitting Poses** - sitting poses allow you to infuse with the breath, and to revitalize from a pose by giving you a calm and quiet feeling. These poses greatly contribute in shaping your buttocks and legs, and in adding vitality and suppleness to the spine.
- **Twists** - twist exercises release the tension in your spine, relieve backaches and make your shoulders more flexible. They also facilitate in the circulation of blood and nutrients in the body making it necessary for the health of the inter-vertebral discs.
- **Supine and Prone Poses** - these poses release tension in your abdomen and increase the mobility of your spine. They restore strength in your back, arms and legs, and release your hips and groin.
- **Inverted and Balance Poses** - inverted and balance poses defy gravity and develop coordination, increase stamina and strength, and improve grace, agility and poise. They also improve your concentration and focus since being quiet is necessary to be able to do these poses.

- **Backbends** - backbends are the poses that benefit the adrenal glands and the kidneys. They also release tension in the front body and in your shoulders and pelvic girdle, and improve the flexibility of your spine.

Finishing Poses - these are the cooling-down exercises for Yoga.

Benefits of Yoga

Physiological

- Balances the sympathetic and parasympathetic nervous systems
- Pulse rate decreases
- Respiratory rate decreases
- Blood Pressure decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase
- Breath-holding time increases
- Joint range of motion increases
- Grip strength increases
- Eye-hand coordination improves
- Dexterity skills improve
- Reaction time improves
- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

Psychological

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and Depression decrease
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves
- Self-actualization increases
- Social skills increase
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increases
- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Depth perception improves

Biochemical

- Glucose decreases
- Sodium decreases
- Total cholesterol decreases
- Triglycerides decrease
- HDL cholesterol increases
- LDL cholesterol decreases
- Hemoglobin increases
- Total white blood cell count decreases
- Thyroxin increases
- Vitamin C increases
- Total serum protein increases

Yoga Health Benefits versus Exercise Benefits

Yoga Benefits

- Parasympathetic Nervous System dominates
- Subcortical regions of brain dominate
- Slow dynamic and static movements
- Normalization of muscle tone
- Low risk of injuring muscles and ligaments
- Low caloric consumption
- Effort is minimized, relaxed
- Energizing (breathing is natural or controlled)
- Balanced activity of opposing muscle groups
- Noncompetitive, process-oriented
- Awareness is internal (focus is on breath and the infinite)
- Limitless possibilities for growth in self-awareness

Exercise Benefits

- Sympathetic Nervous System dominates
- Cortical regions of brain dominate
- Rapid forceful movements
- Increased muscle tension
- Higher risk of injury
- Moderate to high caloric consumption
- Effort is maximized
- Fatiguing (breathing is taxed)
- Competitive, goal-oriented
- Awareness is external (focus is on reaching the toes, reaching the finish line, etc.)
- Boredom factor

Academic Standards for Health, Safety and Physical Education

Pennsylvania Department of Education

10.4.9 Grade 9

- A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
- B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
 - stress management
 - disease prevention
 - weight management
- C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
 - exercise (e.g., climate, altitude, location, temperature)
 - healthy fitness zone
 - individual fitness status (e.g. cardio/respiratory fitness, muscular endurance, muscular strength, flexibility)
 - drug/substance use/abuse
- D. Analyze factors that affect physical activity preferences of adolescents.
 - skill competence
 - social benefits
 - previous experience
 - activity confidence
- E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
 - personal choice
 - developmental differences
 - amount of physical activity
 - authentic practice
- F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
 - group dynamics
 - social pressure

Yoga Lessons

YOGA

Lesson 1 (Seated Poses)

Objective:

The students will be able to:

- Understand and perform yoga exercises

Standard:

10.4 - Physical Activity A/C/E

- A. Analyze and engage in appropriate physical activities that support achievement of personal fitness and activity goals
- C. Analyze the factors that affect the responses of body systems during moderate to vigorous physical activity
- E. Analyze factors that impact the relationship between regular physical activity and motor skill development

Equipment/Set up: Medicine Balls, Music, Mats

Instant Activity: Medicine Ball For All: Follow the leader moving in a clockwise direction, switching to counter-clockwise on signal. Jog holding ball: near chest/straight out in front of body/ catching ball/ moving ball side to side/pressing ball over head/ behind the back/ rolling ball with one hand/performing body circles/ tossing ball to the right and left/intermediate squats

Fitness Activity: Breathing techniques, warm up exercises; introduce some seated poses; Easy Pose, Seated Forward Bend, Sage Twist. Add the following poses Cobra Pose, Cat Pose, Dog Pose, Hands and Knee Balance, Downward Facing Dog and Child's Pose.

Lesson (Unit Specific): Relaxing music playing softly in the background. Each student will have a mat. Teacher will introduce yoga and discuss breathing techniques. Teacher will demonstrate warm-up exercises and introduce seated poses. When possible teacher will walk around the room and do corrections. Students are told if a pose is not comfortable you can go into child's pose. Class ends with relaxation.

Closure/Cool Down: What did you learn today? What physical fitness components do you think yoga works on?

Breathing Techniques to Try

MOVE THE BELLY WITH THE BREATH. When we are at ease, the diaphragm is the primary engine of the breath. As we inhale, this domelike muscle descends toward the abdomen, displacing the abdominal muscles and gently swelling the belly. As we exhale, the diaphragm releases back toward the heart, enabling the belly to release toward the spine.

KEEP THE UPPER BODY QUIET. During high-stress times, it's common to heave the upper chest and grip the muscles in the shoulders and throat. When we're at rest, the muscles of the upper chest remain soft and relaxed as we breathe, and the real work occurs in the lower rib cage. To promote this type of breathing pattern, consciously relax the jaw, throat, neck, and shoulders, and envision the breath sweeping into the deepest parts of the lungs as you breathe in and out.

BREATHE EASY. Although some breaths may be deeper or faster than others, when we're relaxed, the alternating rhythm of the inhalations and exhalations feel like a lullaby—smooth, soft, and uninterrupted by jerks and jags. Consciously relaxing into this wavelike, oceanic quality of the breath deepens our sense of peace and ease.

LENGTHEN THE EXHALATIONS. When we feel stressed, our exhalations tend to grow short and choppy. When we're relaxed, the exhalations extend so completely that they are often longer than the inhalations. To facilitate this, try gently extending each exhalation by one or two seconds.

PAUSE AFTER EACH EXHALATION. In our most relaxed state, the end of each exhalation is punctuated by a short pause. Lingering in this “sweet spot” can be deeply satisfying and can evoke feelings of profound quiet and stillness.

LET THE WHOLE BODY BREATHE. When we are at ease, the whole body participates in the breathing process. Imagine a sleeping baby: When he/she breathes in and out, the belly swells and releases, the hips rock to and fro, the shoulders bob, and the spine gently undulates. This offers a mini-massage for the muscles and organs of the whole body, and turns each breath into a soothing melody that further calms and quiets every cell within.

Poses

Easy Pose (Sukhasana)



The Easy Pose is a relaxation pose intended for meditation. It promotes inner calm and straightens the spine, opens the hips, and relieves tiredness. As the name suggests, this pose is very easy to do.

Step 1: Sit down on the floor or a Yoga Mat.

Step 2: Cross the legs, placing the feet below the knees.

Step 3: Clasp the hands around the knees.

Step 4: Keep head and body straight.

Seated Forward Bend (Paschimothanasana)

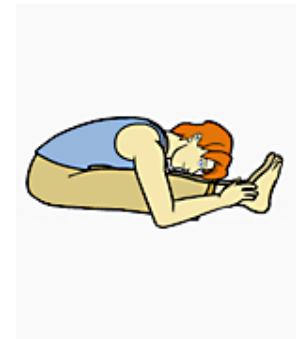
Step 1



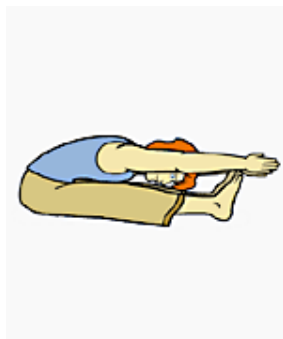
Step 2



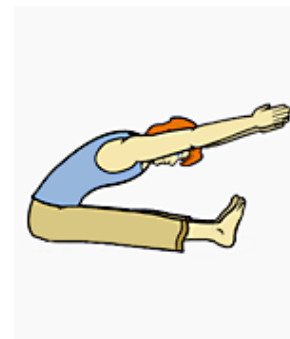
Step 3



Step 4



Step 5



STEP 1: Sit down with legs stretched. The legs lie side by side and the toes point upwards. Stretch the lower back and raise the arms. Look forward, lengthen the back, and keep the chest and breathing free.

STEP 2: Slowly bend forward, stretch the crown upward and try not to lose the supporting dynamism of the lower back. See to it that the legs do not move or tilt.

STEP 3: The moment you notice that you can only bend further by bending the lower back, move the hands to the lower legs, ankles or feet. Lightly pull the legs, ankles or feet and continue stretching.

Keep the shoulders down. Breathe in and out across the entire length of the spinal column deeply and in a relaxed way. Every time you exhale, you should bend further towards the legs without losing the length in the back and the dynamism in the lower back. When dynamism is lost in the lower back a major part of the stretching is lost and breathing becomes difficult.

STEP 4: Stretch out the arms forward

STEP 5: Slowly raise the upper body. Keep the legs lying side by side and the toes pointing upwards.

STEP 6: Sit straight up again, just like the original position.

Sage Twist (Marichyasana)



Step 1

Step 1: Sit on the floor with both legs straight in front of you.



Step 2

Step 2: Bend the left leg toward the chest.



Step 3

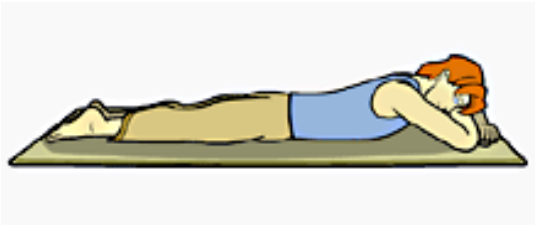
Step 3: Rotate the torso toward the left knee. Wrap the left arm around the left knee, positioning the knee in the crook of the left elbow.



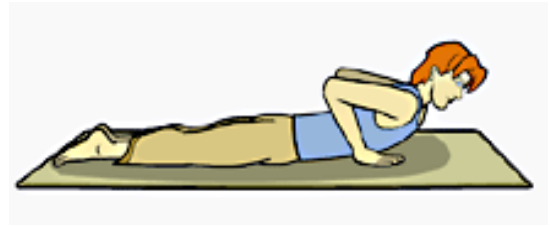
Step 4

Step 4: Clasp the hands. Keep the back straight throughout the pose.

Cobra Pose (Bhujangasana)



STEP 1: Lie on the belly, while the head rests on the lower arms.



STEP 2: Raise the forehead, place the hands under the shoulders, look upwards and stretch the hands backwards. Let the weight rest on the chest.



STEP 3: The head falls a little backwards towards the back and the backward movement proceeds from the neck and the chin. Move the belly further backward as if someone is pulling on the shoulders. The weight is more and more shifted towards the belly and the lower back does the real work.



STEP 4: If you cannot raise the chest any further, put the hands and arms next to the chest on the mat without losing the bend. Straighten the arms so that they stand perpendicular on the floor and at the same time turn the arms a little inward. Relax the lower back and bear the weight with the arms.



STEP 5: The buttock muscles remain relaxed during the exercise. Move the chest further upwards with every breathing out. Do this in a relaxed way instead of using force. Tilt the head back. The shoulders are broad in front and the shoulder blades remain low.

Build up the exercise in a quiet way. When the lower back is stiff, this exercise may cause the lower back to feel a little painful and uncomfortable. This is normal and will pass away as the stiffness decreases. In spite of the uncomfortable feeling that you may sometimes experience, this exercise is highly recommended for people with a stiff lower back or pain in the lower back.

Hands and Knees Balance



Step 1: Come on to all fours with the wrists underneath the shoulders and the knees underneath the hips.

Step 2: Extend the right leg to the back of the mat and flex the foot.

Step 3: Lift the right leg up to hip-level, keeping the hips squared towards the floor and the foot flexed.

Step 4: Lift the left arm up to shoulder level.

Step 5: Balance on the left knee and right hand, keeping the spine neutral and the neck long.

Step 6. Stay 5-10 breaths before lowering the lifted hand and knee and doing the other side.

Beginners: Take care not to let the spine collapse while you are balancing.

Advanced: Bend the knee of the lifted leg. Reach around with the lifted arm and hold on to the inside of the lifted foot.

Cat Pose (Bidalasana)

The **Cat Yoga Pose** teaches you to initiate movement from the center and to coordinate the movement and breath. These are two of the most important themes in Asana practice. The alignment of the center depends on the positioning of the pelvis. Therefore, think of the hip positioning as the center of each pose.



STEP 1: Start on the hands and knees. Position the hands directly beneath the shoulders and the knees directly beneath the hips. Have the fingers fully spread with the middle fingers pointing straight ahead. Make the back horizontal and flat. Gaze at the floor. This is the "neutral" positioning. When the pelvis is in neutral, the spine will be at full extension.



STEP 2: Do not sag into the shoulders. Instead, create a line of energy through each arm by pressing downward into the hands and lifting upward out of the shoulders. Go back and forth like this several times to make sure you understand the movement. As you exhale, sag into the shoulders and do the incorrect action; as you inhale, lengthen the arms, lift out of the shoulders and do the correct action.



STEP 3: When you are ready to begin, breathe in deeply. As you exhale, turn the hips into **Cat Tilt**. Do this by gently pulling the abdominal muscles backward toward the spine, tucking the tailbone (coccyx) down and under, and gently contracting the buttocks. Press firmly downward with the hands in order to stay lifted out of the shoulders, and press the middle of the back toward the ceiling, rounding the spine upward. Curl the head inward. Gaze at the floor between the knees.

Dog Pose (Adho Mukha Shvanasana)



STEPS 1,2,3: Same as cat pose

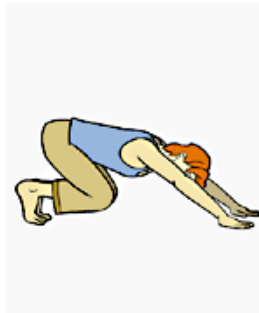
STEP 4: As you inhale, turn the hips into Dog Tilt. Do this by releasing the grip of the buttocks, reversing the tilt of the pelvis, and curving the spine into a smoothly arched backbend.

Downward Facing Dog (Adho Mukha Svanasana)

In the Downward Facing Dog Pose, you build up strength in the upper arms and you give space and opening in the back, neck, chest, hips and shoulders. If you let the ankles sink nicely to the floor in this pose, you stretch the calves at the same time. In Yoga, this pose is often used as an exercise in between other exercises, but it is in fact an exercise in itself.



STEP 1: Come onto the floor on the hands and knees. Stretch the elbows and relax the upper back between the shoulder blades, which gives you the feeling that the arms fall into the shoulder blades.



STEP 2: Exhale and lift the knees and draw the back backwards from the pelvis, so that the arms and back form one line.



STEP 3: Stretch the legs in such a way that you get the feeling that someone behind you is pulling the legs and hips backwards from the top of the upper legs. Let the head hang down in a relaxed sort of way.

STEP 4: When you have placed the back and the legs correctly, stretch out the arms. This results in a stretching from two sides of the back: a stretching from the pelvis and a stretching from the arms. When the back and the chest are placed correctly, you will notice that you can quietly breathe in and out through the belly. You should not let the chest hang downwards or make the back extremely sunken. In this Asana, the back should be lengthened along its entire length. Take the time to work out the stretching further and further.



Many people experience the Downward Facing Dog Pose as a moment of rest between difficult Yoga exercises. However, when you are doing this, try to remain focused, both physically and mentally, and continue working out the technique further to get the maximum benefit from this exercise and from Yoga in general.

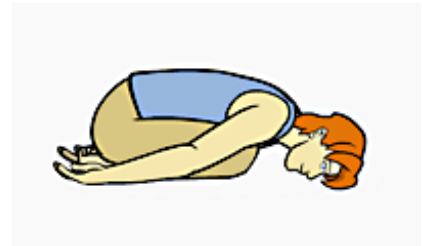
Child Pose



Step 1



Step 2



Step 3

STEP 1: Kneel and sit on the feet with the heels pointing outward. The knees should be separated, about the width of the hips.

STEP 2: Place the forehead on the floor, then swing the arms forward.

STEP 3: Rest the forehead on the floor, then bring the arms around and to the sides, palms facing upward.

Graphics found at: <http://yoga.about.com/od/yogaposes/tp/findposes.htm>

<http://www.abc-of-yoga.com/yogabeginnersguide.asp>

YOGA
Lesson 2
(Seated Poses 2, Standing and Twisting)

Objective:

The Students will be able to:

- Understand and perform yoga exercises

Standard:

10.4 Physical Activity A/C/E

- A. Analyze and engage in appropriate physical activities that support achievement of personal fitness and activity goals
- C. Analyze the factors that affect the responses of body systems during moderate to vigorous physical activity
- E. Analyze factors that impact the relationship between regular physical activity and motor skill development

Equipment/Set up:

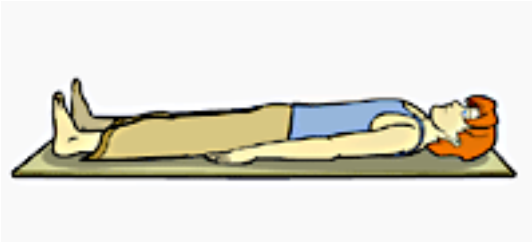
Music, Mats

<p>Instant Activity: Alternate jog – walk to music</p>
<p>Fitness Activity: Review breathing techniques, warm-up exercises; easy pose, seated forward bend, sage twist, cobra cat, dog, downward facing dog. Introduce more seated poses; superman, bow and supine pigeon.</p>
<p>Lesson (Unit Specific) Relaxing music playing softly in the background. Each student will have a mat. Teacher will review breathing techniques and seated poses. Teacher will introduce additional poses (single leg raise, standing forward bend, tree pose, half spiral twist, Warrior I) and walk around the room when possible. Students are told if a pose is uncomfortable you can go into child’s pose. Class ends with relaxation. (Corpse Pose)</p>
<p>Closure/Cool Down: What did you learn today? Did you enjoy the class?</p>

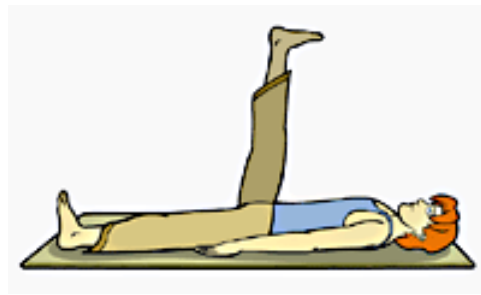
Single Leg Raise

These simple Single Leg exercises prepare the body for yoga poses, strengthening in particular the abdominal and lower back muscles, and trimming the waist and thighs. If muscles are weak you may find yourself arching your lower back or using your shoulders to help lift your legs. To get the most benefit from the yoga exercises, make sure that the full length of the back is resting on the floor and keep the shoulders and neck relaxed. The posture begins with legs together and palms down at the side.

In this series, one leg is raised while the other remains flat on the floor. At first you can push down with your hands to help lift your leg. Once your muscles are stronger, leave your hands palms up your sides. Keep both knees straight and press your lower back down to the floor to straighten the spine.



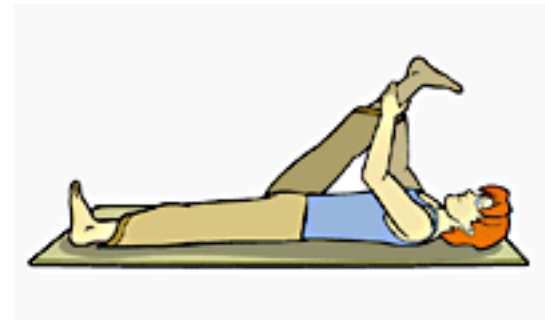
STEP 1: Lie flat on your back, arms on your sides.



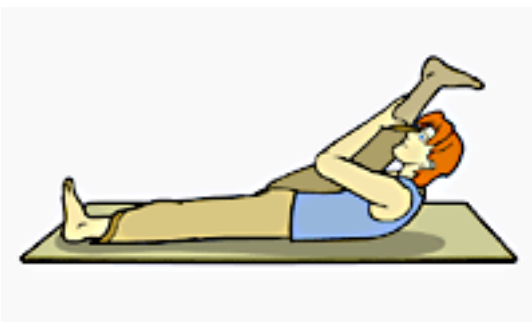
STEP 2: As you inhale, raise the right leg as high as possible. Lower it as you exhale.



STEP 3: Repeat with the left leg. Perform three times.



STEP 4: As you inhale, raise the right leg then clasp it with both hands and pull it towards you, keeping your head down. Take a few breaths.



STEP 5: Raise your chin to your shin and hold for one deep breath. Lower your head as you exhale. Take a few breaths.

Standing Forward Bend (Uttanasana)

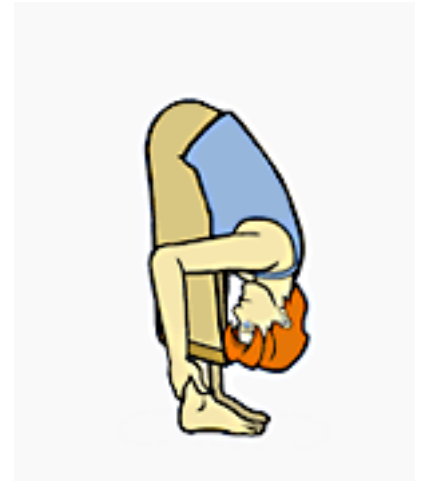
This exercise provides a complete stretch of the upper back and lower back, as well as the leg and calf muscles. In this exercise, you literally stretch stress, tiredness, and stiffness from your body. At the same time, you learn how to rest and relax in case of discomfort and effort. Uttanasana also increases the flow of blood to the brain.



Step 1



Step 2



Step 3

STEP 1: Start with the Mountain Pose.

STEP 2: Bend your knees, support your upper body with a straight lower back, and slowly bend forward so that your belly touches your upper legs. Maintain the position of the lower back or else the chest will sink. Move the pelvis, taking the back as the starting point, relax the groins, and keep the weight on the front parts of the heels.

STEP 3: Keep breathing correctly through the belly and slowly bring the chest to the knees without losing the support of the lower back. Stretch the legs every time you exhale. The pelvis moves upward until the legs are eventually straightened. Move your hand to touch the ground or grab the ankles. Stretch downward from the crown and when grabbing the ankles, use a slight stretching force to lengthen the body.

Important! If the supportive power of the lower back is lost during the exercise, a major part of its effect is lost. As a result, the chest will sink, making the breathing irregular. Also, stretching will not be effective.

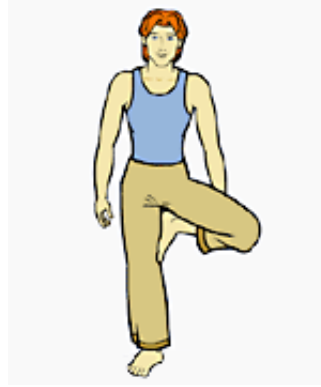
Bear in mind that this forward bend is performed through relaxation and not through force by pulling the feet with physical strength. When pulling too hard, the body stiffens, thinking and breathing will be affected and worst of all, there is a risk of injury

Tree Pose (Vrkasana)

The Tree Pose helps strengthen thighs, calves, ankles and back. It can also increase the flexibility of hips and groin. Your balance and concentration can also be improved with constant practice.



STEP 1: Start with the Mountain Pose.



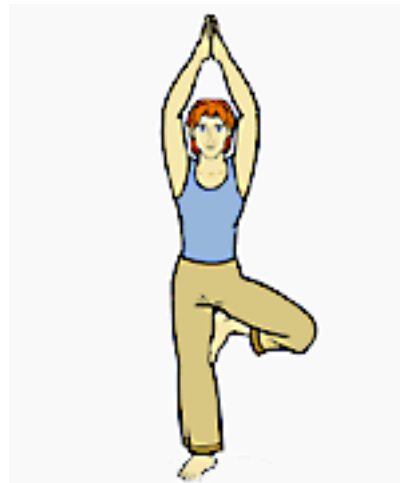
STEP 2: As you exhale, place your left foot on the inside part of your right leg, close to the groin area, with the toes pointing downward.



STEP 3: As you inhale, stretch your arms sideways to form a T, palms facing down.



STEP 4: As you exhale, bring your palms together in prayer position.



STEP 5: Raise your arms overhead, keeping your palms in prayer position. To maintain balance, it helps to focus your eyes on one point in front of you and keep on breathing through the belly.

Half Spinal Twist (Ardha Matsyendrasana)

The Spinal Twist Yoga Pose, is one of the few Yoga Poses in the basic session that rotates the spine. Most poses bend the spinal column either backward or forward, but to become truly flexible it must be twisted laterally as well. The movement also tones the spinal nerves and ligaments, and improves digestion. Keep the spine erect and shoulders leveled in the position. Breathe steadily. Twist a little more each time you exhale. Twist first to the left, as below, then repeat the sequence twisting to the right.



STEP 1: Kneel and sit on the feet with the heels pointing outward.



STEP 2: Then sit to the right of the feet, as illustrated.



STEP 3: Lift the left leg over the right, placing the foot against the outside of the right knee. Bring the left heel in close to the buttocks. Keep the spine erect.



STEP 4: Stretch the arms out to the sides at shoulder level, and twist to the left.



STEP 5: Now bring the right arm down on the outside of the left knee and hold your left foot with your right hand, placing your left hand on the floor behind you. As you exhale, twist as far as possible to the left. Look over the left shoulder.

Warrior I (Virabhadrasana I)

The Warrior Pose I improves balance and agility and strengthens your legs, back, and arms. It also targets the chest, shoulders, neck, and abdominal area.



STEP 1: Start with the Mountain Pose.



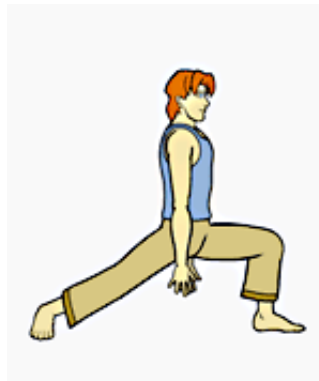
STEP 2: Jump or move the left foot sideways so the feet are about four feet apart.



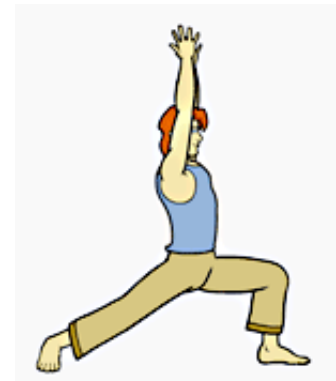
STEP 3: Turn the left foot 90 degrees to the left and position the right foot about 45 degrees to the left.



STEP 4: Rotate the torso to the left.



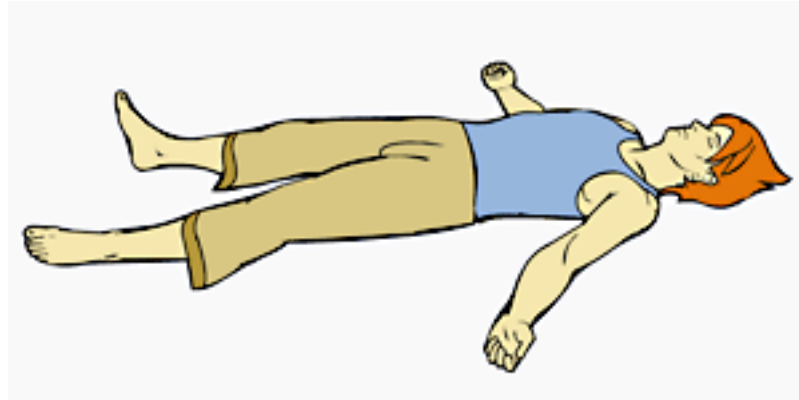
STEP 5: Bend the left knee. Make sure that the knee is directly above the foot. Bending too much may lead to knee injury.



STEP 6: Raise both hands - palms should be facing inward and fingers should be stretched out.

Corpse Pose (Savasana)

Even relaxation can bring out the best in yourself but make sure you do it properly. The Corpse Pose may look like a simple relaxing pose, but this exercise requires a lot of concentration and will develop through continued practice. This exercise, if done correctly, will stimulate blood circulation and will lessen or relieve fatigue, nervousness, asthma, constipation, diabetes, indigestion, and insomnia. It will also improve one's mental concentration.



1. Lay flat on the back, rotate the feet and legs in and out, then let them fall gently out, toes pointing to the sides.
2. Let the arms fall alongside the body (slightly separated from the body) with the palms facing upwards.
3. Rotate the spine by turning the head from side to side to find the center position.
4. Then start stretching out, as though someone is pulling the head away from the feet, shoulders down and away from the neck, legs down and away from the pelvis.
5. Breathe deeply and slowly from the abdomen.
6. Hold the pose for several minutes. Make the mind still and concentrate on breathing and the feel of the body
7. After doing the pose, bend the knees. Using the legs, push onto one side.
8. Push into a sitting position.

Graphics found at: <http://yoga.about.com/od/yogaposes/tp/findposes.htm>

<http://www.abc-of-yoga.com/yogabeginnersguide.asp>

YOGA

Lesson 3 (Bending and Stretching)

Objective:

The students will be able to:

- Understand and perform yoga exercises.

Standard:

10.4 Physical Activity A/C/E

- A. Analyze and engage in appropriate physical activities that support achievement of personal fitness and activity goals
- C. Analyze the factors that affect the responses of body systems during moderate to vigorous physical activity
- E. Analyze factors that impact the relationship between regular physical activity and motor skill development

Equipment/Set up:

Music, Mats

Instant Activity: Practice Jump Rope (e.g. run with rope, jump both feet turning rope forward, both feet turning rope backwards, alternate feet, swing rope figure 8)

Fitness Activity: Review breathing techniques. Warm-up exercises; Easy Pose, Seated Forward Bend, Standing Forward Bend, Cobra, Sage Twist. Seated poses; Cat Pose, Dog Pose, Single Leg Raise (both legs).

Lesson (Unit Specific): Relaxing music playing softly in the background. Each student will have a mat. Teacher will review breathing techniques and previously learned poses. Introduce the following poses; Wide Leg Forward Bend, Leg Reclining Lunge, Warrior III, Bow. Teacher will walk around the room when possible to assist. Students are told if a pose is not comfortable go into the child's pose. Class ends with Child's Pose then relaxation (Corpse Pose).

Closure/Cool Down: Did you like some on the standing poses and why? Do you feel like you had a workout?

Wide Leg Forward Bend (Prasarita Padottanasana)

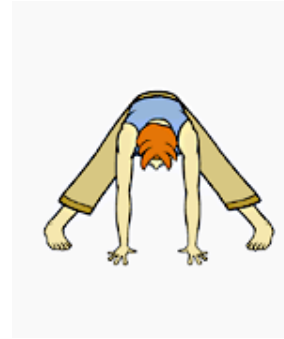
This is a good stretching exercise that reduces the stiffness, tiredness and tension in the muscles in the hind legs. At the same time, the muscles of the back and the neck are thoroughly stretched and you learn to deal with possible stretching aches.



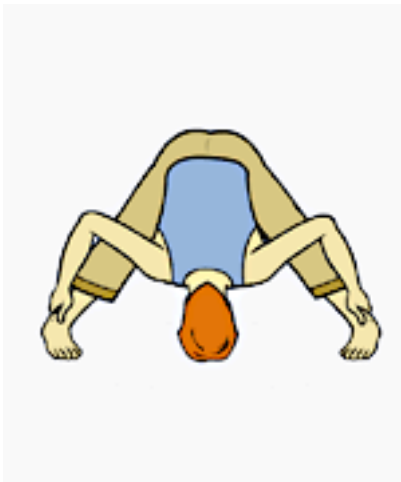
STEP 1: Start with the Mountain Pose.



STEP 2: Jump so that the feet are around four feet apart. Slightly turn the heels outward while looking forward.



STEP 3: Bend forward until the upper body stands halfway parallel to the ground. Place the hands right under the shoulders on the ground and see to it that the lower back is straight and still supports the position.



STEP 4: Push, the pelvis upward, look to the ground and stretch from the neck towards the ground.

If this can be done easily, grab the outsides of the feet and slightly pull at them so that the front part of the body feels long and can stretch even further.

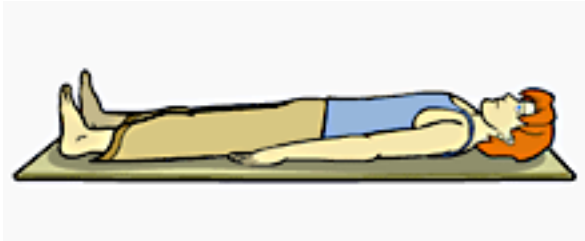
The stretching should be the result of relaxation, letting gravity and the stretching motion itself take over and not be the result of pulling the hands with force.

Stand straight up again and then jump back to the Mountain Pose

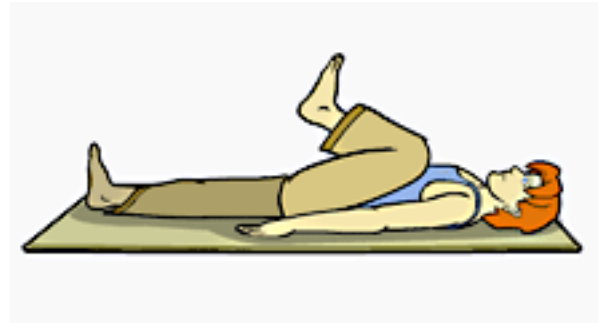
Try to maintain the feeling of stretching and giving length to the back and the chest at all times in the forward bend. When the back sinks down the chest and breathing get oppressed and you lose a major part of the stretch.

This forward bend is done in a relaxed manner and never through pulling the feet with force. When you pull too hard, the body stiffens, thinking and breathing become unquiet and you run a risk of injuring yourself.

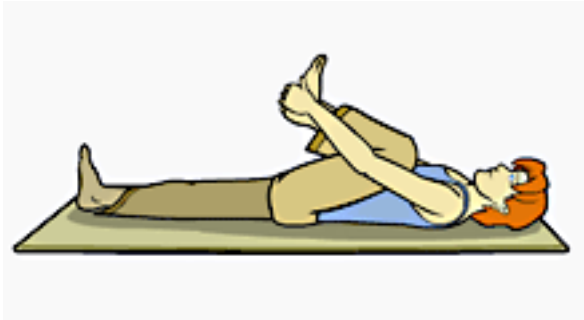
Leg Reclining Lunge



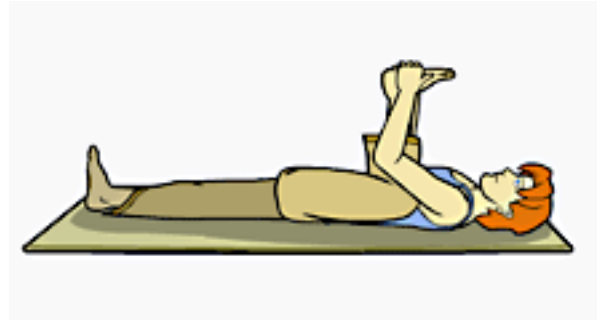
STEP 1: Lie on the Yoga Mat.



STEP 2: Bend the right leg, knee close to the chest.



STEP 3: Hold the sole of the right foot with both hands.



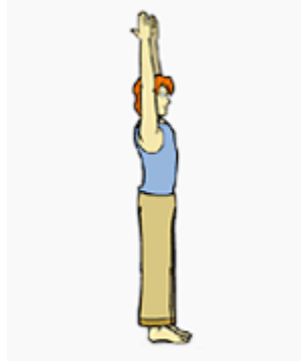
STEP 4: Move the knee to the side of the chest, positioning the right heel directly above the right knee. Pull downward with your hands, attempting to touch the right knee to the floor. Keep the sacrum flat and the left leg energized; do not tip sideways in the attempt to touch the floor. Move the shoulders toward the floor as you pull with the hands and round your chest.

Warrior Pose III (Virabhadrasana)

The Warrior Pose III improves balance and stability and strengthens the ankles, legs, and shoulders.



STEP 1: Start with the Mountain Pose.



STEP 2: Raise both arms overhead, perpendicular to the floor. Palms should be facing each other.



STEP 3: Move the left foot backward. Slightly lean forward, keeping the back straight and your arms stretched overhead. The left foot, back, and arms should form a diagonal line.

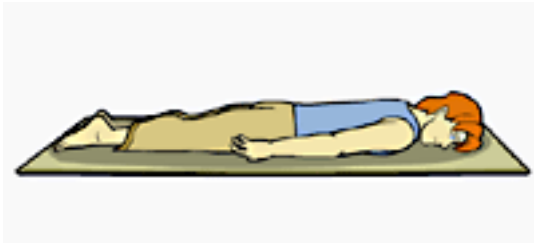


STEP 4: Lift the left foot and straighten the right leg simultaneously, keeping arms parallel to the floor. At this point, the raised leg, upper body and arms should be parallel to the floor. Give length to the entire spine by stretching the arms and the legs. This results in stretching from two sides of the back: stretching from the legs and from the arms. Keep on breathing through the belly and be careful not to bend the lower back.

This is a powerful Standing Pose which helps increase stamina and improve strength in the legs and ankles. As with all other poses, make sure it is performed correctly to achieve optimum results.

Bow Pose (Dhanurasana)

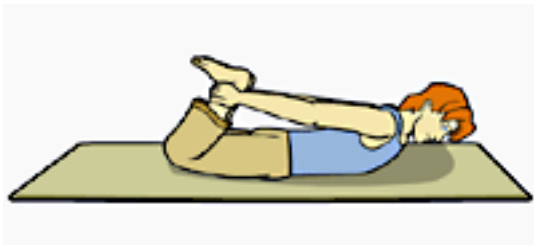
This exercise expands the chest, mobilizes the entire spinal column, and can be a welcome change to the usual movement of the body. The Bow Pose is a good exercise to improve posture and strengthen the back muscles.



STEP 1: Lie on your stomach, arms on your sides, and palms facing upward.



STEP 2: Bend the knees. Bring the heels near the buttocks.



STEP 3: Reach back with the arms and grasp the ankles. Let your weight rest on your stomach and not on your pelvis.



STEP 4: Raise the knees further by pulling the ankles with the hands.

Continue breathing regularly and try to increase the stretching in the chest and the backward bend for a relaxed body and mind.

You can end this exercise by letting go of the legs without letting them move towards the floor and building up some extra strength by "floating" over the Yoga Mat.

Graphics found at: <http://yoga.about.com/od/yogaposes/tp/findposes.htm>

<http://www.abc-of-yoga.com/yogabeginnersguide.asp>

YOGA

Lesson 4 (Advanced Poses)

Objective:

The students will be able to:

- Understand and perform yoga exercises

Standard:

10.4 Physical Activity A/C/E

- A. Analyze and engage in appropriate physical activities that support achievement of personal fitness and activity goals
- C. Analyze the factors that affect the responses of body systems during moderate to vigorous physical activity
- E. Analyze factors that impact the relationship between regular physical activity and motor skill development

Equipment/Set up:

Music, Mats

Instant Activity:

Interval training: run – jog – walk - skip

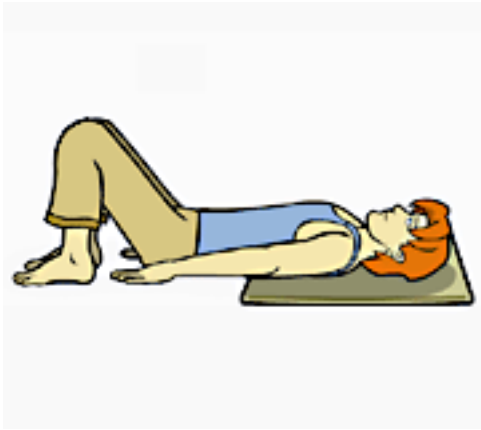
Fitness Activity: Warm-up exercises; Easy pose, Seated Forward Bend, Standing Forward Bend, Bow and Sage Twist. Cat Pose, Dog Pose, Single Leg Raise (both legs)

Lesson (Unit Specific): Relaxing music playing softly in the background. Each student will have a mat. Teacher will perform class warm-up exercises. Teacher will review breathing techniques and previously learned poses. Introduce the following poses; Bridge, Lotus, Triangle, Wind Relieving Pose. Teacher will walk around the room to assist and/or a student leader doing the exercises may help to assist. Students are told if a pose is not comfortable you can go into child's pose. Class ends with relaxation (Corpse Pose).

Closure/Cool Down: Did you like balancing poses? What did you enjoy most/least about the workout?

Bridge Pose (Setu Bandhasana)

The Bridge Pose is effective in promoting relaxation and reducing stress. The legs and the hips do most of the work which helps in rejuvenating tired feet.



STEP 1: Lie on the back with the knees bent, feet together. Keep arms on the side, palms on the floor.



STEP 2: Lift the hips towards the ceiling, keeping the feet and palms flat on the floor.



STEP 3: Maintain the position in Step 2 and move the arms over head.

Lotus Pose (Padmasana)

The Lotus Pose requires crossing the legs while maintaining a straight back, making it ideal for meditation and concentration. This Yoga Pose has a lot of benefits such as giving a relaxing effect, increasing awareness and attentiveness, stimulating body parts and processes, and keeping or developing a good posture.



STEP 1: With palms down, sit on the floor with legs fully stretched.



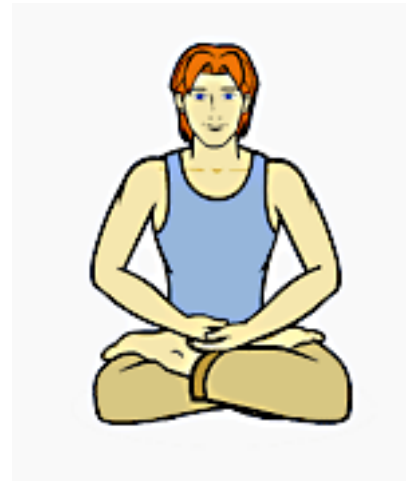
STEP 2: Hold the right foot with both hands and put it over the left thigh until it reaches the groin. The foot's outer edge should reach the hip's crease.



STEP 3: Hold the right knee using the right hand while the other hand clasps the right foot.



STEP 4: While the right foot is firmly placed over the left thigh, hold the left foot with both hands. Place the left foot over the right thigh. The foot's outer edge should also reach the hip's crease.



STEP 5: This is now the full Lotus Pose. The palms can be positioned upward, which is energizing or down which helps in grounding the participant.

The Lotus Pose is one of the most popular. Aside from the physiological benefits it offers, the Lotus Pose also helps in developing and maintaining a good posture.

Triangle Pose (Trikonasana)

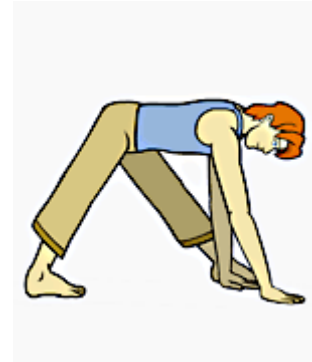
Step 1



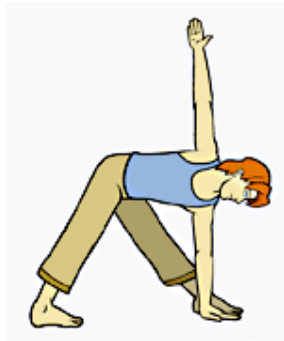
Step 2



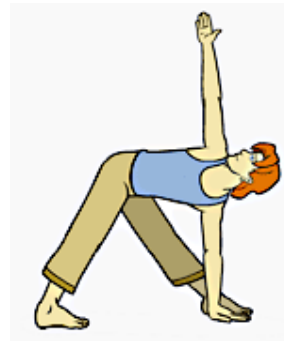
Step 3



Step 4



Step 5



STEP 1: Start with the Downward Facing Dog Pose

STEP 2: Move the left foot forward for about 1 meter.

STEP 3: Put the left hand beside the foot and carry your weight with the lower back and on the heels of the foot in front. Raise the upper part of the body until the lower back is straight. You can recognize this by a groove in the middle of the lower back. The right foot (the one at the back) rests on the floor.

STEP 4: Stretch the leg which is in front without bending the back or twisting the body. With the back straight and the right hip stretched backward, look at a point on the ground and breathe in and out quietly. At this point, press the left hand against the heel and twist the chest to the right. Let the twisting motion involve only the upper back while the hip, lower back, legs and head remain stationary. When you cannot twist any further, stretch the right arm upward.

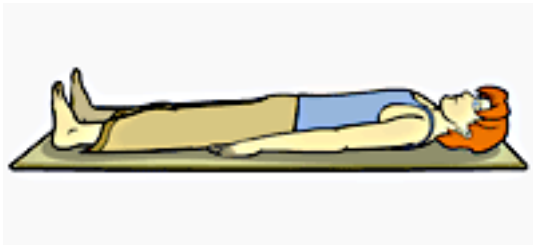
STEP 5: Now turn the head to the right, look upward along the outstretched arm and stretch out the neck.

Step back towards the Downward Facing Dog Pose and repeat the exercise with right leg in front.

In this pose, it is important to keep the lower back straight. Aside from that, remember that when you are twisting, the hips do not twist along. Otherwise, the right hand side becomes active and the lower back gets "locked up" as it were which results in tension in the lower back. Prevent this by actively tightening the left hand side and let it even help carry the position so that you can keep the hip in its place when twisting. This dynamism in the side also helps to keep the dynamism in the hip active through the right leg as a result of which the hip is mobilized as much as possible.

Wind Relieving Pose (Pavanmuktasana)

The Wind Relieving Pose will tone and stretch your back.



STEP 1: Lie on the Yoga Mat.



STEP 2: Raise your left knee.



STEP 3: Wrap the hands around the left knee.



STEP 4: Raise the head towards the knee. Breathe, release. Repeat with the right leg. The rocking motion can also be done slowly with rhythm.

While practicing the Wind Relieving Pose, resist the tendency to raise the lower back or buttocks off the ground and try to keep the leg that is on the mat as straight as possible. Aside from releasing unwanted gases from the intestines and stomach, the exercise will also massage the abdominal organs and the rocking motion will get rid of the stiffness in the spine.

Graphics found at: <http://yoga.about.com/od/yogaposes/tp/findposes.htm>

<http://www.abc-of-yoga.com/yogabeginnersguide.asp>

YOGA

Lesson 5 (Advanced Poses 2)

Objective:

The students will be able to:

- Understand and perform yoga exercises

Standard:

10.4 Physical Activity A/C/E

- A. Analyze and engage in appropriate physical activities that support achievement of personal fitness and activity goals
- C. Analyze the factors that affect the responses of body systems during moderate to vigorous physical activity
- E. Analyze factors that impact the relationship between regular physical activity and motor skill development

Equipment/Set up:

Music, Mats

Instant Activity:

Practice partner jump rope.

Fitness Activity: Warm-up exercises; Easy pose, Standing Forward Bend, Bow, Sage Twist, Cat Pose, Dog Pose, Bridge, Cobra, Child's Pose.

Lesson (Unit Specific): Relaxing music playing softly in the background. Each student will have a mat. Teacher will perform class warm-up exercises. Teacher will review breathing techniques and previously learned poses. Introduce the following poses; Full Boat, Revolved Triangle, Half Moon, Teacher will walk around the room to assist and/or a student leader doing the exercises will help to assist. Students are told if a pose is not comfortable you can go into Child's Pose. Ending class with relaxation (Corpse Pose).

Closure/Cool Down: Did you enjoy the supine poses? How did you feel right after your workout? Are you interested in doing more yoga in the future?

Full Boat Pose (Paripurna Navasana)

This exercise strengthens the belly muscles, the legs and the lower back. It is also beneficial to those with kidney, thyroid, prostate and intestine problems. The Boat Pose is a great stress reliever and also improves digestion.



STEP 1: Sit down on the Yoga Mat. Pull in the legs. Tilt the upper body slightly backwards so that the lower back carries the weight and the entire upper back is aligned in a straight perpendicular line.



STEP 2: Slightly lift the feet off the ground maintaining the posture.



STEP 3: Extend the arms forward and parallel to the floor.



STEP 4: Straighten the legs out, keeping the feet together and the back remaining in a straight line. If the position is easy, the stretching power of the arms can be reduced without changing the position. Eventually bring the arms along the body parallel to the floor and focus on a particular spot for balance. Quietly breathe in and out through the belly and try to maintain relaxation during the effort.

Revolved Triangle Pose (Parivrta Trikonasana)

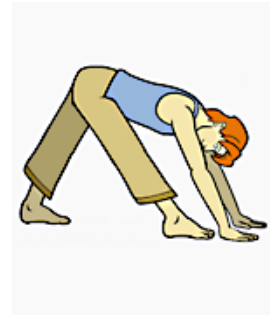
This pose is a contrary twisted Triangle Pose and is a good exercise to follow the Triangle Pose. Revolved Triangle makes the back stronger and freer and forms a frontal attack on tensions in the hip-joint. The exercise is good for your sense of coordination and sense of balance. A lot of concentration and precision is needed to be able to carry it out correctly.



Step 1

STEP 1: The Dog pose is a good asana to start this exercise with.

STEP 2: Start with the Dog position and put the right leg about one meter forward.



Step 2



Step 3

STEP 3: Put the hands next to the foot and carry the weight with the lower back on the heel of the foot in front. Raise the upper body until the back is straight. You can recognize this by a groove in the middle of the lower back. Without changing the posture and shifting the weight, twist the left foot diagonally with the heel toward the ground.



Step 4

STEP 4: With the right hand, grab the ankle or the under side of the lower leg and place the left hand on the floor outside the right foot. See to it that the lower back carries the weight and consequently, the weight is hardly resting on the right hand. Stretch the leg that is in front without bending the back or twisting the body. With the back straight and the right hip stretched backward, look at a point on the ground and breathe in and out quietly. Press the left hand against the ankle or the lower leg and twist the upper body to the right and upward.

Try to support as much of the weight as possible with the back and to rest as little as possible on the right arm. With a view to the strong straining of the hips and the hamstrings, you should see to it that you are not compensating by twisting the legs. If you do, stretching motion in the back is lost, allowing the lower back to sink down or to put too much support on the lower arm.



Step 5

STEP 5: If you cannot twist any further, stretch your right hand upward.

STEP 6: Then turn the head to the right and upward, look upwards along the arm and stretch out the neck.

The better the exercise is done, the bigger will be the triangle between the leg in front, the arm and the side. When standing well aligned in this position, it will feel light and spacious.

Step back towards the Dog and repeat the exercise with your left leg in front.



Step 6

The exercise often has a strong effect on the pelvis and this easily causes a feeling of an inclination to wobble or look for a way to compensate it. Try to twist as much as possible through relaxation and a good alignment. In the case of pain or discomfort, try to avoid getting stressed and tense as much as possible. Only when you experience the exercise as extremely difficult should you allow yourself to give the body a little extra support with the lower arm. For balance, it might help to put the heel of the backward foot against the baseboard of a wall.

Half Moon (Ardha Chandrasana)

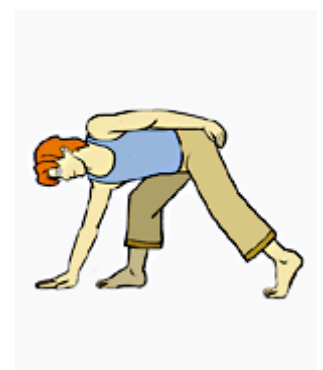
The Half Moon Pose is a standing pose that targets the legs, buttocks, and hips, and improves balance and strength.



STEP 1: Start with a Triangle Pose with the left hand resting on the hip.



STEP 2: Slightly bend the right knee then move a bit forward.



STEP 3: Move the right hand forward - a few inches from the toes of the right foot, and raise the left leg.



STEP 4: Exhale and press the right hand and right heel into the floor for balance. Lift the left leg parallel to the floor.



STEP 5: Raise the left hand. It should be aligned with the right hand. Bear the weight on the right leg.



STEP 6: Look up at the fingers. Stay in this pose for a few seconds.

Graphics found at: <http://yoga.about.com/od/yogaposes/tp/findposes.htm>

<http://www.abc-of-yoga.com/yogabeginnersguide.asp>

Support Materials

Physical Education Lesson Plan

Objective:

Standard:

Equipment/Set up:

Lesson Related Instant Activity:

Fitness Activity:

Lesson (Unit Specific):

Closure/Cool Down:

Resources

ABC of Yoga

<http://www.abc-of-yoga.com/yogapractice/postures.asp>

Fitness Magazine

<http://www.fitnessmagazine.com/workout/yoga/poses/>

Santosha. com – Tools for Yoga, Meditation and Conscious Living

<http://www.santosha.com/asanas/>

Yoga Journal

http://www.yogajournal.com/poses/finder/browse_categories/seated_and_twists

About. com: Yoga

http://yoga.about.com/lr/beginning_poses/86045/1/