

Peer Teaching Assignment

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EPHE 311: Physical Education for General Classroom Teachers 2

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2. Yoga is not a competition
3. Watch your knees
4. Don't fall/push into your wrists

'good hurt' from stretching muscles but that can quickly turn into a bad hurt by pushing too far into a pose and injuring the muscle.

2. Don't compare yourself to your classmates. The goal of yoga is not to be the best but to practice and improve on our own skills. We are all at different levels so don't be frustrated when a classmate is able to do a different pose. Keep positive and focus on your personal goal. Only do poses you're comfortable with and ask the teacher for help finding a modification so you can try something similar.

3. When we're doing a stretch, we have to pay attention to where our knees are. The knee should be lined up with the middle of our foot, slightly bent. They should not be locked in any pose and they should not bend to the left or right side of the foot. Keep your knee centred. (Show with Warrior 1)

4. When we're doing a pose it's important to spread our weight to all the points contacting the ground equally. If we do a pose with our hands and feet on the ground, we want to be stable and not put too much weight or pressure on our wrists. (Show with Downward Dog)

<p>Warm up: Scuba dive yoga flow</p> <ul style="list-style-type: none"> - Students each stand in mountain pose - Teacher begins the story and follows through the slides with prompts engaging students - Flow: <ul style="list-style-type: none"> - Warrior 1, 2, 3 - Forward Fold - Breathing - Butterfly - Upward Facing Dog - Child's pose - Boat pose - Bring students back to focus for lesson, staying at mats sitting criss cross 	<p>10 min (17 total)</p>	<ul style="list-style-type: none"> - Today were going to explore the ocean diving using yoga and a bit of imagination - Everyone stands up on your mat and get your wetsuit and goggles on (motion getting on wetsuit) - Okay let's get ready to dive in! - We're going to use a special dive to get us in the water - First let's practice stand with your feet shoulder width apart, bend down at your knees and put your hands up - Now bring your right foot backwards straight leaning into our front leg (don't lean too far or your knee won't be above your foot) you'll feel a nice stretch in your quad - Bring your arms forward and face the ground - Carefully if you're comfortable lift your back leg up and bring your arms straight ahead (this time you'll feel it in your core) - Okay now we're going to dive in so let's do the same steps but on the opposite leg this time (repeat on left side) - Okay, we're finally in the water, look around (swimming motion) and what do you see? (students list of animals) - Wow looks over there do you see those jellyfish? Should we all become some flowy jelly fish too? - Bend your knees a bit so they're not locked and bend forward and hang like you're trying to touch your toes - Let's hang here for a bit and sway our tentacles side to side like the jellyfish
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		<ul style="list-style-type: none">- You should feel a stretch in your back and hamstrings- Good jobs guys let's keep looking around for some more ocean creatures - Does anyone see that giant pufferfish over there!- Look out how it gets big and small as it breathes- Let's sit on our mats criss cross and practice our breaths like the pufferfish- Put one hand on your chest and one right below your ribs- Take 5 deep breaths expanding your lungs - If you look down at the ocean floor what do you see? (students list animals)- Does anyone see some Clams down there?- Put your feet together in front of you and carefully lean forward folding yourself into a little clam- Do you feel a bit of a stretch in your back?- And does anyone know what we can find in a clam when it opens up? (students answer pearl)- Okay everyone open up and reach up to the sky showing all the other clams your beautiful pearl - We've seen a lot of little animals today maybe we should look around for some bigger ones- Look at who's swimming around! Sea lions!- Let's lie down on our stomachs staying on the mat- Point your toes backward and put your hands on either side just a bit in front of you
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		<ul style="list-style-type: none"> - Very carefully use your hands to push up and bringing your chest forward and looking up like a sea lion - Hopefully you feel a nice stretch in your chest and core - Oh no he's swimming away I wonder why? I hope it's not... a shark! - Sit on your legs slightly apart and bend forward bringing your head to the mat - Now bring your arms up on top of your head and make little shark fins - (students should be stretching thighs, hips and ankles) - You're all so scary we better get back to the boat - Sitting on your bottom carefully balance bring your legs up in front and bending them flat at the knees - Put your arms out straight in front of you to balance - (this should engage core and hamstrings) - Great job everyone is safe from the sharks
<p>Yoga Tableau Charades</p> <ul style="list-style-type: none"> - Stations are set up around the gym with a cup and different tableau options on slips of paper within the cups. - Three students are sent to each station, and they choose a tableau theme from the cup. Once they have practiced a few rounds they could also have the option to come up with their own theme for the Tableau. 	<p>25 minutes for three rounds (42 total)</p>	<ul style="list-style-type: none"> - A tableau is a still image created from a group of people posing. The people posing cannot move or talk. It is up to the viewer to interpret what they are representing. - For example, if a group chose a forest as their tableau scene, the group members could do the tree pose to represent a forest. They can use their creativity

<ul style="list-style-type: none"> - Groups work on creating their tableau using yoga like poses for approximately 5min. - The tableau themes are chosen to specifically engage the students in yoga poses or yoga like poses. - The teacher will circulate at this time to help and answer questions. - The teacher will blow their whistle and get groups to pair up and present to each other. The group that is watching will guess what the Tableau theme is. <p>Repeat activity as many times as time allows if class is engaging well.</p> <p>Tableau Yoga Theme ideas: stretching cobras, warriors at battle, roaring lions, balancing flamingos, sunbathing, surfing, scary cats, crabs, playing baseball, playing soccer, flying an airplane, starfishes laying on the seafloor, walking a dog, skiing down a steep hill, rowing a boat, and swimming.</p> <p>(This is the inperson plan, see our slideshow for how we will teach this over zoom for EPHE 311)</p>		<p>to represent the tableau theme in any way with their poses.</p> <ul style="list-style-type: none"> - Explain to the students the goal is to have FUN and be creative!
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<p>Extra Activity: Dynamic Yoga Flow</p> <p>Mountain pose Raised Hands Forward bend → walk hands forward Up Dog Child's Pose Cow pose Down Dog</p> <p>See yoga cards included separately at the end of this lesson plan for visuals of these poses.</p> <p>Repeat 2-3 times if kids are enjoying and there is time.</p>	<p>5-10min (extra not included in time)</p>	<ul style="list-style-type: none"> - Continue to observe students safety providing the appropriate cues from warm up
<p>Closure</p> <ul style="list-style-type: none"> - Ask students to sit at mats - How do you know if you are stretching too far in a yoga pose? - Why is it bad to feel pain during yoga? <p>Ans: You might cause yourself to get an injury.</p>	<p>3 min (45 total)</p>	

UDL

We are meeting the Universal Design for Learning Guidelines in two main ways.

1. By providing options for perception (checkpoint 1.1):
 - When teaching the story yoga warm up we provide visual information through demonstrations and two visual representations of the pose on the slides (A photo of a person doing the pose and the animal they are posing as).
 - We provide auditory information as we explain how to do the pose.
2. By providing options for recruiting interest (checkpoint 7.1):
 - Each group has autonomy to choose their theme for the tableau.
 - A level of perceived challenge

Yoga Cards for Extra Dynamic Yoga Flow
(<https://www.paperzip.co.uk>)




MOUNTAIN POSE

TADASANA

The Mountain Pose is the most basic standing posture in yoga. It's the basic building block of all other standing poses, teaching you correct alignment and helping to strengthen your lower body.

DIFFICULTY 1/5




RAISED HANDS

URDHVA HASTASANA

The Raised Hands Pose is ideal for beginners and focuses on the improvement of the arms, shoulders, abdomen and armpits.

DIFFICULTY 2/5




FORWARD BEND

UTTANASANA

Although this pose may look easy, it can take a while to perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.

DIFFICULTY 2/5



UP DOG

URDHVA MUKHA SVANASANA

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.

DIFFICULTY 2/5



CAT POSE

BIDALASANA

The Cat Pose helps to relax your back and coordinate movement and breath. These are two of the most important themes in Yoga.

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COW POSE

BITILASANA

The Cow Pose is often paired with the Cat Pose as they both do an excellent job of stretching your back. It also opens your chest and helps to build upper body strength.

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DOWN DOG

ADHO MUKHA SVANASANA

Downward Facing Dog has a lot of functions in yoga, such as transitioning to other poses or as a pose for resting.

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