

# Week 1 Physical Education

## Standards:

- 3.6 Perform flexibility exercises that will stretch particular muscle areas for given physical activities.

## Monday

- Practice and memorize the names of the yoga poses in column 1
- Fill in Activity log for Monday

## Tuesday

- Practice and memorize the names of the yoga poses in column 2
- Fill in Activity log for Tuesday

## Wednesday

- Practice and memorize the names of the yoga poses in column 3
- Fill in Activity log for Wednesday

## Thursday

- Practice and memorize the names of the yoga poses in column 4
- Fill in Activity log for Thursday

## Friday

- Create a yoga routine using your favorite poses and teach to a family member
- Fill in Activity log for Friday

## Challenge (optional)

- Plank for as long as you can: record your time.

# Yoga Pose Cards

Column 1

Column 2

Column 3

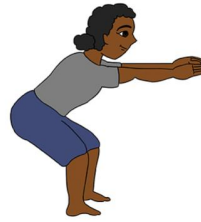
Column 4



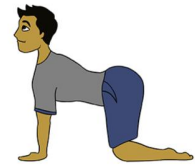
Beginning



Cat



Chair



Cow



Child



Cross Crawl 1



Cross Crawl 2



Goddess



Cobra



Cross-Legged



Down Dog



Knobby-Knees



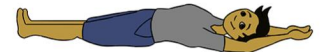
Sphinx



Limp Noodle



Log 1



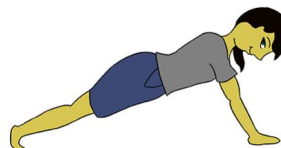
Log 2



Tree



Tall Mountain



Plank



Owl

Name \_\_\_\_\_

Activity Log for the Week of \_\_\_\_\_

School Site \_\_\_\_\_

Teacher \_\_\_\_\_

**Be sure you are doing physical activity for at least 15 - 20 minutes each day**

**Document what you are doing for each subject each day.**

**\*\*4th and 5th Grade students must return this form for grading purposes either at your site, or to [jtoepfer@tusd.net](mailto:jtoepfer@tusd.net)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
What activity did you do?					
How long did you do the activity?					
How did you feel after the activity?					
<b>Parent Signature</b>					