

Week 3 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.

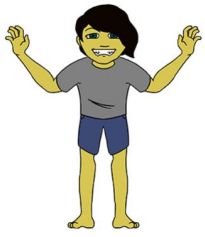
Yoga Pose Cards

Column 1

Column 2

Column 3

Column 4



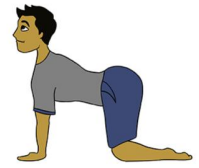
Beginning



Cat



Chair



Cow



Child



Cross Crawl 1



Cross Crawl 2



Goddess



Cobra



Cross-Legged



Down Dog



Knobby-Knees



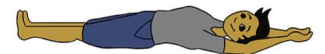
Sphinx



Limp Noodle



Log 1



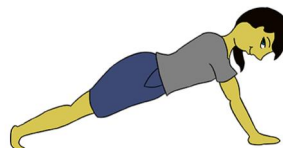
Log 2



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**

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