

# 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 on pages 1 and 2
- Fill in Activity log for Monday

## Tuesday

- Practice and memorize the names of the yoga poses on pages 3 and 4
- Fill in Activity log for Tuesday

## Wednesday

- Practice and memorize the names of the yoga poses on pages 5, 6, and 7
- Fill in Activity log for Wednesday

## Thursday

- Teach the yoga poses to a family member
- Fill in Activity log for Thursday

## Friday

- Create a yoga routine using your favorite poses
- Fill in Activity log for Friday

## Challenge (optional)

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

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>					

PRINT & CUT


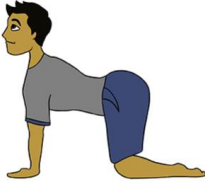


**Yoga Pose Cards**  
*Print, Cut, Laminate*

 <p><b>Beginning</b></p>	 <p><b>Cat</b></p>
 <p><b>Chair</b></p>	 <p><b>Child</b></p>

PRINT & CUT

**Yoga Pose Cards**

*Print, Cut, Laminate*

 <p><b>Cobra</b></p>	 <p><b>Cow</b></p>
 <p><b>Cross-Crawl 1</b></p>	 <p><b>Cross-Crawl 2</b></p>

PRINT & CUT

**Yoga Pose Cards**

*Print, Cut, Laminate*



**Cross-Legged**



**Down Dog**



**Goddess**



**Knobby-Knees**

PRINT & CUT

**Yoga Pose Cards**

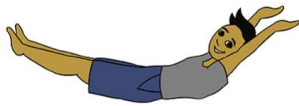
*Print, Cut, Laminate*



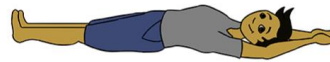
**Laugh**



**Limp Noodle**



**Log 1**



**Log 2**

PRINT & CUT

**Yoga Pose Cards**

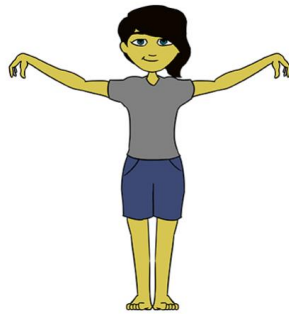
*Print, Cut, Laminate*



**Nose**



**Oh No!**



**Owl 1**

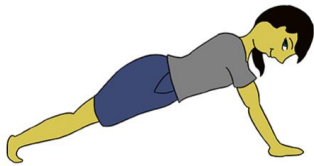


**Owl 2**

PRINT & CUT

**Yoga Pose Cards**

*Print, Cut, Laminate*



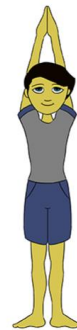
**Plank**



**Rock**



**Sphinx**



**Tall Mountain**



PRINT & CUT

**Yoga Pose Cards**

*Print, Cut, Laminate*



**Tree 1**



**Tree 2**



**Up Dog**



**Down Dog**