

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)

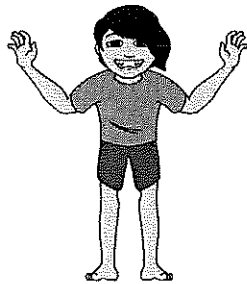
- Plank for as long as you can: record your time.



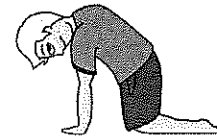
PRINT & CUT

Yoga Pose Cards

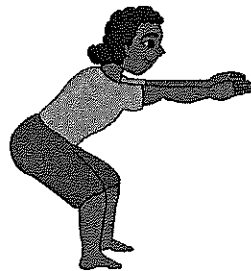
Print, Cut, Laminate



Beginning



Cat



Chair

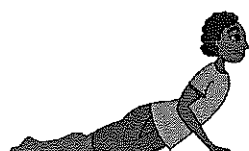


Child

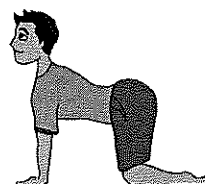
PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



Cobra



Cow



Cross-Crawl 1



Cross-Crawl 2

PRINT & CUT

Yoga Pose Cards

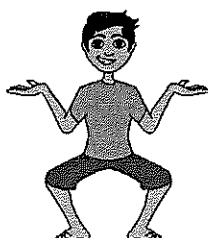
Print, Cut, Laminate



Cross-Legged



Down Dog



Goddess



Knobby-Knees

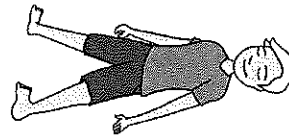
PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



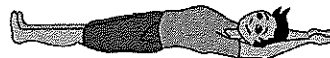
Laugh



Limp Noodle



Log 1

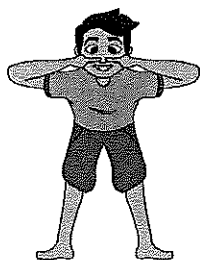


Log 2

PRINT & CUT

Yoga Pose Cards

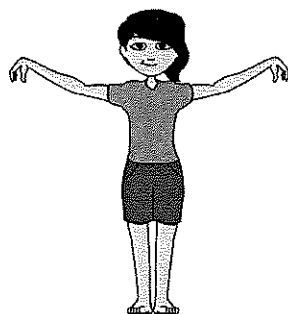
Print, Cut, Laminate



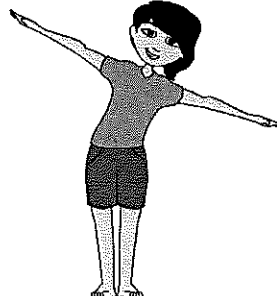
Nose



Oh No!



Owl 1

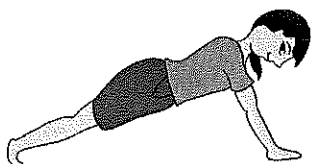


Owl 2

PRINT & CUT

Yoga Pose Cards

Print, Cut, Laminate



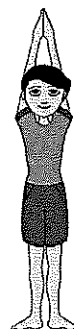
Plank



Rock



Sphinx



Tall Mountain

PRINT & CUT

Yoga Pose Cards

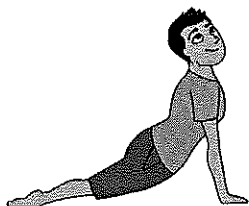
Print, Cut, Laminate



Tree 1



Tree 2



Up Dog



Down Dog

Student Name:

Weekly Physical Activity Log

Week Starting Date : May 4 - May 8 Week 3

Classroom Teacher:

Grijalva

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

Fill in for each day that you exercise

For Grading Purposes: please return to school site or email to ngrijalva@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					