Intermediate -Senior Health and Physical Education

EDUC 5333-20

Steve Vorkapich

Micro-Lesson plan

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**Methodology**

(The students can use a yoga matt if they would like)

1. Class discussion about what is the different between yoga and stretching (10 minutes)
   1. Talk about basic proper set up of equipment, safety, spacing, poses and form
   2. Talk about the importance of warm up and cool down before athletic performance
2. Look at different kinds of yoga and stretching poses (5 minutes)
3. The teacher will demonstrate various poses using proper form (7 minutes)
4. The student will begin on all fours and bring their right knee towards their right wrist. *\*This will vary for each student depending on their body; their knee may be behind their wrist or on the either inner or outer side of their wrist\**
5. Once the students are in the first position, make sure they are not in any sort of pain and that they are only feeling a stretch.
6. Students should have their ankle in front of their left hip. *\*Advise the students to not to this movement too fast\**
7. Students will then slide their left leg back, pointing their toes. *\*The leg should be complexly flat; however, it may vary by student\**
8. Students should be using their hands as support. Making sure their hips are straight.
9. Students will inhale, come onto their fingertips, and stretch their spine as they draw their navel in and open their chest. *\*If the students can’t be on their fingertips, they can just keep their hands flat\**
10. When the student exhales, they must slowly walk their hands forward and lower their upper body as far down on the floor as they can to feel a good stretch. *\*Students must only go as far as they can without feeling pain\**
11. Have the students stay for 5 breaths if they can.
12. On each exhale, students must try and release the tension in their right hip. *\*Students must only do as many releases as they can without feeling pain\**
13. To come out of this pose, students must push back through their hands and slowly lift their hip and bring their leg forward, coming back to all fours. *\*Remind students to go very slowly to avoid injury or pain\**
14. Repeat these steps for the other side.
15. Continues the class with other poses and stretches with calming music.

**Resources**

Ministry Guidelines - [www.educ.gov.on.ca](http://www.educ.gov.on.ca)

OPHEA Health and Physical Education Website

Yoga International - [How to Do Pigeon Pose Without Pain](https://www.youtube.com/watch?v=0KpwcWE6Md0&t=180s)

Extra resources - [Beginner’s Tips, Benefits, Watch out for and variation of movement](https://www.ekhartyoga.com/resources/yoga-poses/pigeon-pose)

My personal experience doing personal training exercises and FST

Consolation with personal trainer, Jessica Mendez from True Fitness (Tecumseh)

**Assessment and Evaluation**

Thinking - 10% - How to properly do the movement.

Application - 60% - Demonstrate the movement that maximizes safety to avoid injury.

Communication - 20% - Recognize the difference between athletic performance with stretching compared to not stretching before an athletic performance.

Knowledge - 10% - Understanding the phases of the movement.