

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.