

Where are your hips facing?

Warm up - Ground

Cardiovascular: Jump rope.

- Lay rope on ground at feet and jump forward and backwards over the rope 10 times. Hips are in line with the rope or parallel to the rope.
 - With rope on the ground at feet, jump side to side over the rope 10 times. Hips are facing one rope end or perpendicular to the rope.
 - Pick up the rope and jump forward 10 times then backward 10 times. Which way are your hips facing while you do this to be successful? Does it matter?
-

Strength, balance and dynamic flexibility: Yoga

- Oscillate between low and high boat 8 times. - Sit on your mat with feet flat on the ground in front of you. High boat pose. Lean back with an engaged core and lift heels off the mat, maybe the toes remain touching to help balance. Option to lift shins to ceiling. Pull low back down to touch the floor. It is the only thing to touch the floor. All other body parts are lifted away from the ground for a hollow body position or Low boat pose.
- Warrior II - Stand in the center of your mat. Bend limbs on an inhale, then exhale jump feet approximately 4 feet apart. Turn one foot toes in and other foot toes out, bend turned out leg to a right angle and keep hips parallel with the mat.
- Warrior I - Stand in the center of your mat. Bend limbs on an inhale, then exhale jump feet approximately 4 feet apart. Turn one foot toes in and the other foot toes, letting the hips turn to face the turned out toes. Bend the front knee to a right angle. Hips are now perpendicular with the mat facing the bent knee.
- Warrior III moving through Warrior I first. - Stand in the center of your mat. Bend limbs on an inhale, then exhale jump feet approximately 4 feet apart. Keep both hips equidistant from the toes by lifting the quads and kneecaps upward towards the standing leg hip and slightly lower the working hip. Working leg lifts behind you with the “thutt” engagement. Hips are perpendicular with the mat.
- Half moon pose moving through Warrior II first. - Stand in the center of your mat. Bend limbs on an inhale, then exhale jump feet approximately 4 feet apart. Reach front hand to the floor approximately 1 foot in front of toes. Lift standing leg quads until leg is straight, lift back leg and extend in opposition to your spine and head. Hips are stacked sideways parallel with the mat. Top hand can stay on top hip or reach up to the ceiling.

Cues for performing all yoga poses:

- Expand energy in all directions.
 - Press down to rise up.
-

Wrist and forearm warm up. (Plus Affective Domain)

- Straddle sit hand “flip flops” while arms raise up over head, down to your sides, back up and down center.
 - Wrist rolls like you are opening like a flower or giving to your friends, to the universe, to the earth. Reverse rolls like you are receiving all that you need from your friends, the universe and the earth. Reverse rolls again to always give more than you receive so that we all sparkle. Sparkle by opening and closing the hands repeatedly in all directions like you are flicking water off your fingertips.
 - Yoga tabletop position with a cat back and hands flat on the ground in front of you to stretch hands, fingers and forearms. First with fingers facing forward, then fingers facing backwards. Do hand push ups with fingers facing backwards. Then flip hands palm side up with fingers facing you to gently spread the hand and fingers for a top of the forearm stretch.
-

Warm up - Air

- Pulling taffy. Hips stay facing “front” while you hang from straight arms encircling the body around anchored feet on the ground. Clockwise and counterclockwise directions 4-6 times each.

More Cues:

- Lift the spine and ears up!
- Fingers face inward and elbows forward for external rotation of the upper arm bones.
- Straight and bent arm hangs. Straight arms have the same external rotation as the pulling taffy. Bent arms are done with elbows and triceps connected to the back or latissimus dorsi.

More Cues:

- Lift the spine and ears up!
- Squish a grape between your shoulder blades to push the heart forward.
- Wrist lock inversions. Stand with the fabrics in front of your shoulders. Hug the fabrics, direct fingers back in between the fabrics and “tickle your armpits” then “snake the fingers out around fabrics and back up the the ceiling to grab the poles. Invert with the hips above shoulders, torso directly in between the arms. Change the shape of your legs without changing the arms and back orientation.

More Cues:

- Lift the spine and toes up!
- Maintain the arm and back connection.
- Engage core so there is no arch in the lower back like Low boat pose.

Verbal Self formative assessment:

- Where are your hips facing in all inverted shapes? (Cognitive Domain)
 - Are you trying your best? (Affective Domain)
-

Recorded Teacher pre and post-assessment:

Name _____ Date _____

Student hangs from the fabrics with external rotation of the upper arm bones.

Always Does with a reminder from the teacher Never

Student inverts with a strong core (spine lifted and abdomen hollow)

Always Does with a reminder from the teacher Never

Student performs the different leg shapes with the hips and torso in between the arms.

Always Does with a reminder from the teacher Never

Comments:

