

Collaboration or

Moving together for performance

Warm up - Ground

Cardiovascular: Obstacle course

- Taking turns in an obstacle course
 - Handstand at the wall, cartwheel (over mat or on floor beam), bounce on bosu ball to dive roll, back and front walkover over a barrel mat (alternating each round), roll down a decline mat (different each round: forward roll, backward roll, log roll, banana roll), Sing on fabric and land on a mat.
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Strength, balance, and dynamic flexibility

- Working with a partner
 - Plank high fives
 - Sit up high fives
 - Back lift high fives
- Collaborating as a group
 - Sit up block pass race: two lines of students lying on their back. Start yoga block at one end of the line and have students sit up to pass the block between their legs to the next student's hands.
 - Holding hands in a circle, students perform legs swings, balancing on one leg and swinging the other in and out of the circle without falling down.
 - Groups of two three or four perform acrobatic pyramids. Each group gets to choose 3 pyramids from the partner acrobatics worksheet (see Appendix)

Cues for partner acrobatics:

- Maintain muscle engagement so you are a strong base and/or are a light flier
- Maintain joint alignment for structure stability
- Take turns and listen with intent to understand your group members

What does it mean to listen with intent to understand?

- Be quiet when someone in your group is speaking.
- Make eye contact when you listen to someone in your group speak.
- Pause to think before responding to someone in your group.

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 for 10 counts each. 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.
- Seated rows 10-15 times pressing “thutt” down into fabric keeping a hollow body to stay integrated from head to toe. Bend and straighten elbows only connecting the triceps to the back or latissimus dorsi with each row.

Extension: Standing rows. If you would like an added challenge today you may stand.

Same movement cues as seated rows:

- Bend only the elbows to connect the triceps to the latissimus dorsi
- Engage abdomen and “thutt” to stay integrated from head to toe

(continue warm up)

- Seated side lean out and hip key. Hips face down and away from poles for lean out and up and towards the poles for hip key. Hips become hands! 3 times on each side.

Application of collaboration in the air: See if you can move in synch with the others in your class.

(continue warm up)

- Egg twists. From straddle back position, grip fabric to lift torso to horizontal. Tuck legs (egg shape) and move knees to the outside of the right pole then twist to move knees to the outside of the left pole. Repeat 6 times.
- Knot/sling “shapes”. From standing, grip fabric above head then pull up and slide feet up the corresponding poles with straight legs to Triangle pose. Return to standing.
- From standing, turn hips shoulders and eyeballs so that they are perpendicular to your poles; hands remain on original poles with one hand over head and the other pushing the fabric away from the face. Replace the front hand with a foot (get it as high as you can!) then move that hand to the pole behind you above your head. Take the head out from in between the poles so that the trapezius

muscle is pressing into the fabric behind your back. Extend in all directions and engage the “thutt” to create the diamond shape.

- From diamond, bend the downward standing leg and slide the trapezius muscle and front foot down the poles in synch. Once your bending knee heel hits your butt, join that foot with the higher foot, expand in opposite directions to create coffin pose (your body will be the bottom of a triangle in the fabrics).
- Now fold hips and knees while moving ALL toes to one side of the pole in front of you to sit in lady-in-the-moon pose. Turn your hips shoulders and eyeballs to become parallel with the fabrics again to exit.

Application of collaboration in the air: See if you can move in synch with the others in your class.

Exit slip for recorded self formative assessment (Affective domain)

Name _____ Date _____

Did you listen with intent to understand by making eye contact when someone in your group was speaking? _____

Did you listen with intent to understand by being quiet when someone in your group was speaking?

Did you listen with intent to understand by pausing to think about what someone in your group said before responding? _____

Recorded Teacher pre and post-assessment

Group names _____

4= Advanced 3= Proficient 2= Partially proficient 1= In progress

Group of students demonstrated extraordinary cooperative abilities by: Listening to others with an intent to understand, providing constructive positive feedback to others and motivating others to stay on task.	Group of students consistently demonstrated responsibility for self and others by: Listening with intent to understand and providing useful feedback.	Group of students worked proficiently except: did not complete the task, OR had some arguing among members.	Group of students did not complete the task AND had some arguing among members.
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