| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:** |
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| Exercise Video- Yoga |
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| **Materials:** |
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| Computer with smartboard  Internet access |
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| **Learning Objectives:** |
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| * Student will obtain yoga mat and place it on floor appropriately * Student will don and doff shoes * Student will attend to video instructions * Student will attempt all exercises * Student will demonstrate appropriate personal space |
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| **Structure/Activity:** |
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| 1. Have students obtain yoga mat and place on floor 2. Have students take off shoes and sit on mats 3. Explain to students that they should attempt all exercises 4. Put shoes on when video is done 5. Clean and put mats away |
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| **Assessment:** |
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| Exercise Video Assessment |
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