



Tuesday 01/03/2023

Week 2

Performing Arts Grade 3

Yoga

Arts Standards & Common Core Connections

DA:Cr1 Generate and conceptualize artistic ideas and work.

DA:Pr5 Develop and refine artistic techniques and work for presentation.

DA:Cn11 Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding

The student can Learn about yoga and where it came from.

The student will be able to practice yoga positions and work on Breathing and concentration.

Vocabulary

Yoga- a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Meditation-a set of techniques that are intended to encourage a heightened state of awareness and focused attention.

Asanas- a system of physical exercises or postures

Pranayama-the practice of focusing on breath.

Essential Question

How can yoga help you in your daily life?

Lesson / Instruction / Narrative

Start the lesson with a greeting and show feelings chart to see how everyone is feeling. Have student show the number on their finger of the way they feel today. Let students know we will be doing some yoga and meditation today. Go over definitions and what they mean.

Warm- up- have student stand up and put on Yoga and stretch video

Once finished have students sit on the floor turn on yoga music and explain to student that you want them to meditate with you. Have student think of a place that makes them happy and comfortable. Once you have this place in mind I want you to focus on this place close your eyes and think of this place breath in through your nose and out your mouth. Let your body relax to the music and visualize your happy place. Lets take a few seconds and focus on our happy place. After about 30 seconds have students open their eyes. Let them know this is a form of meditating and explain how it can help them to relax.

Have students stand and do the yoga poses with you make sure they are performing each one properly or with modifications. Once you practice a few them have students sit back down and have them focus on breathing and going to their happy place. Let students know you will give them instructions but wait



until you finish the instructions to perform them. Let students know to open their eyes and quietly get up and go to their desk.

Let students know now that we know how to do some of our yoga moves we will be playing a game. Play Yoga Bingo with the students. Have them perform the pose if it is on their card and then mark it after. Once you get bingo call out bingo and get a prize. Once we have finished have students sit and do a quick MEDITATION TO COOL DOWN AND RELAX before finishing up the lesson.

Formative Assessments

Admission/Exit Tickets

Responses to questions posed at the beginning or end of a lesson or class to assess understanding of key concepts.

Direct Observation

Purposeful observation of an art performance task which can be documented by note taking, digital media, or checklists.

Kinesthetic Practice

Rehearsal of concepts taught during lesson and imitated or self-initiated to create or improve upon for informal in class performance

Kinesthetic Signals

Movement to signal understanding. Hand signals such as Thumbs-Up, Thumbs-Down; Point and Identify

Oral Discussions

Students participating in conversations, Think-Pair Share, or conferences in groups or one to one with a peer or teacher.

Instructional Strategies

Check for Understanding

Expectations

Get Moving - Physical Activity

Modeling

Work Together

Materials / Resources / Technology

Slides

Yoga bingo cards

Music

Prizes

Differentiation / Modifications

Students who do not understand English show pictures and allow for someone to translate.

If a student is unable to perform yoga movements allow them to modify the movement in a way they can participate.