

**Stage ONE (basics)**

\_\_\_\_\_ Choose 10 photos, 5 from List A, 5 from List B. You will use 1 slide per pose. **HIGHLIGHT** the 10 poses you are using on your Pose Check List. STAR(\*) the pose you chose for your “most proud of” on each side.

**From Pose Sheet, List A...**

\_\_\_\_\_ 2 should be “floor” and 2 should be “standing” poses.

\_\_\_\_\_ At least 2 of the poses from List A should be intermediate level poses.

\_\_\_\_\_ The 5<sup>th</sup> slide from List A should be the pose you are **\*most proud of** and explain why.

**From Pose Sheet, List B...**

\_\_\_\_\_ Choose 1 pose from each of the 4 types/categories (column D)

\_\_\_\_\_ Include at least 1 pose from each “level” of difficulty (column C)

\_\_\_\_\_ The 5<sup>th</sup> slide from List B should be the pose you are **\*most proud of** and explain why.

**Stage TWO (specific requirements)**

\_\_\_\_\_ Introduction/Title Slide ... Include your Name and the period you have Yoga Core

\_\_\_\_\_ The 10 core slides should have the following information on the slide about the pose you are demonstrating.

\*Name of the Pose \*Type/Category \*Pose Level of Difficulty \*Your ability to demonstrate the pose (Beginner? Intermediate? Advanced?)

\_\_\_\_\_ Identify and add text about the following on your “after” photo. You may make it in a chart or graph form, use arrow, lines, or bullets, etc., to creatively assess your touch points. Compare and contrast the *Before* and *After* photo as best as you can to show you can evaluate the specifics of the pose.

- a) Include at least 2 positive touch points & at least 1 touch point you may have struggled with
- b) Comment on at least 1 comparison or improvement over the course of the semester.
- c) You do not need to analyze your “most proud of” pose, just explain why you are most proud of it!

\_\_\_\_\_ Reflection Page(s) ...Conclusions about your experience in Yoga Core AND your Fitness Scores.

- a) Write a brief paragraph explaining what you learned about yourself and yoga during this semester. What is your “take away” from this experience?
- b) In another paragraph, summarize the results of your Fitness Testing: What improved and what didn’t, and WHY did you get the results you did. Give me evidence that you understand the correlation between your efforts/actions and meeting your goals 😊

**Packet should include: 1) PowerPoint Guide (THIS SHEET OF PAPER) 2) Original Pose Check Sheet w/ **highlights** 3) Personal Information Sheet - \*don’t forget to record your PR’s! 4) Focused Fitness Print Out & Behavior Rubric. Use [Cbarnes2@everettsd.org](mailto:Cbarnes2@everettsd.org) and in the subject line, include your last name and the period! An alternative to e-mailing, you may bring in a flash drive and put the presentation directly on my computer.**