

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 NEW Pose Check List.

From the front of the 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 5th slide from List A should be the pose you are **most proud of** and explain why.

From the back of the 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 5th slide from List B should be the pose you are **most proud of** and explain why.

Stage TWO (specific requirements)

_____ Introduction/Title Page ... 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.

- a) Include at least 2 positive touch points & at least 2 touch points 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 actions and meeting your goals 😊

Packet should include: 1) PowerPoint Guide (THIS SHEET OF PAPER) 2) New Pose Check Sheet 3) Original Pose Check Sheet 4) Personal Information Sheet 5) Focused Fitness Print Out & Behavior Rubric. Use Cbarnes2@everettsd.org In the Subject line, include your last name and the period! OR – you may bring in a flash drive and put the presentation directly on my computer.