

8th Grade Yoga Independent Study Packet Part 2

NAME:

COHORT:

Read carefully for suggested due dates. Rubrics attached!

Got questions? Need support? Ms. Fleming will be available from 1:10-2:10pm Monday – Friday via text, email, phone, and Blackboard Interactive (through BCPSS)

Contact Ms. Fleming: 443-386-9389; efleming@thecrossroadsschool.org

Part I. Action Project Action Plans—Graded!

I have scanned and sent copies of your action plan drafts to all 8th grade groups! If you did not receive an email, check with your group members!

Your group will be asked to make any and all necessary edits and resubmit your typed, final draft (remember, it should be in Times New Roman, 12pt. font and double spaced) by April 17th, if possible.

Please email me the final copies by April 17th, if possible, at ecfleming@bcps.k12.md.us and include ALL group member names.

Part II. Action Project Videos

In order to get practice for your final presentations, and to account for the fact that final classes may not happen face-to-face, you will submit a video of yourself teaching yoga to a family member as if they were a member of your community.

You do NOT need to plan a new sequence—the sequence of poses that you've already identified for your class is what you will teach.

Teach your family member as if you've never met them and they are a member of the community you and your group identified (ex: if you chose office workers, pretend they are an office worker, and teach your whole class to them, including your introduction and exit survey questions, as if they were office workers you had never met).

KEY STEPS:

Step 1: Complete the Class Plan (attached)

Step 2: Review Class Rubric (attached)

Step 3: Practice Teaching: You will now be teaching your entire class, which means you should know how to teach all of the poses and strategies! Practice teaching with someone in your household, and get them to complete the "Practice Feedback Form" (attached)

Step 4: Film / Teach Your Class

Please email, text, or share your typed class plan and final videos with me at ecfleming@bcps.k12.md.us by April 24th, if possible.

Use the template below to help you teach your class, and work with your group members if you don't remember your sequence / key actions for each pose! Remember: you've already completed this once, so you should just be typing it up given the feedback I've sent you.

Note: while you should use this template to help you, you should NOT be reading directly from the template while teaching your family member! Plan to practice your class at least 3 times before filming and submitting your video!

Copy / Use this information from your completed action plans which have been emailed to all groups! Note: if you have your completed action plan, you do NOT need to complete this section again!

Class Plan:

Introductions: How will you introduce yourselves/the class? How does yoga help you? **Why are you here teaching this community?** Explain the types of poses you'll be teaching and why. **4-6 sentences. Write this section as you will actually say it, and pretend that whomever you're teaching is from your originally selected community (ex: office workers, Ravens coaches, nurses, etc...)**

Use the space below to review the poses you'll teach. *Remember, each pose should make sense given the needs of your community!* Script the **key actions** and how you're going to introduce/instruct each pose (ex: "The first pose we are going to teach you is tree pose. To get into tree pose you...")

Warm Up Pose (must have 1) :

(Examples: geyser pose, cross body chant, sun A, B, or C, half sun salute)

Key Actions:

Warm Up Breathing Exercise (must have 1):

Examples: flying bird breath, balloon breath

Key Actions:

Active/Standing Poses #1:

Key Actions:

Active / Standing Pose #2:

Key Actions:

Active / Standing Pose #3:

Key Actions:

Seated/Lying Down Poses #1:

Key Actions:

Seated/Lying Down Poses #2:

Key Actions:

Seated/Lying Down Poses #3:

Key Actions:

Hand Pose (1):

Key Actions:

Closing Meditation / Breathing exercise (at least 1):

Key Actions:

Resting Pose:

Key Actions:

Class Closing/Summary: In this section, script out what you are going to say to get your students out of resting pose and back together to end class. How will you wrap everything up / tie it all together? What questions will you ask to let you know your class was helpful to your students? **3-5 sentences, (you will say this directly to your student in your video)**

Exit Survey Questions:

Practice Feedback Form

Student Name:

Person Completing This Feedback Form:

Glows: What worked well? What did you enjoy the most about this class? (List at least 3)

1.

2.

3.

Grows: What could be improved/added? What wasn't clear? What do you have questions/concerns about? Think about: pacing (were there pauses or did it flow smoothly?), requirements (were all pose requirements met?), clarity (did the poses/explanations make sense?)

Name: _____

Date: _____

Video Class Presentation Rubric--Yoga Action Project

	Exceeding	Proficient	Approaching	Developing
Target Area: Yoga	4	3	2	1
<p>Anchor Standard(s)</p> <p>8.Y.1- Students share, develop, and implement a yoga/mindfulness sequence tailored to the needs of a specific community.</p>	<p><i>How the standard is demonstrated:</i></p> <p>Students exceed in at least 2 of the following categories and are proficient in all the rest:</p> <ul style="list-style-type: none"> - All strategies taught met all required criteria (including appropriate key actions) - All strategies taught align to the needs of the community AND the benefits for each pose and why it was chosen are clearly explained. - Students meet all class requirements and taught all strategies as outlined in their class plan and included the exit survey, and include at least 3 key actions for each pose. - Class was paced appropriately, and all directions were clear and given in 	<p><i>How the standard is demonstrated:</i></p> <p>Students are proficient in at least 3 of the following categories, and is approaching in no more than 1:</p> <ul style="list-style-type: none"> - All strategies taught met all required criteria (including appropriate key actions) - All strategies taught matched the needs of the community. - Students meet all class requirements and teach most strategies outlined in their class plan, including the exit survey. - Class was paced appropriately, and directions were mostly clear and 	<p><i>How the standard is demonstrated:</i></p> <ul style="list-style-type: none"> - Most (7 or more) strategies taught met required criteria (including appropriate key actions) - Most (7 or more) strategies taught matched the needs of the community. - Students meet most class requirements (10 or more) and teach most strategies (7 or more) outlined in their class plan, including the exit survey. - Class was either too rushed or too slow OR most directions were unclear. 	<p><i>How the standard is demonstrated:</i></p> <p>Students are developing in the following categories:</p> <ul style="list-style-type: none"> - Some (4-6) strategies taught met required criteria (including appropriate key actions) - Some (4-6) strategies taught matched the needs of the community. - Students do not include key actions for poses OR key actions don't make sense. - Students meet some class requirements (6 or more) and teach most strategies (4 6) outlined in their class plan, including the exit survey. - Class moved too quickly or too slowly AND directions were unclear.

	<p>an audible voice.</p>	<p>given in an audible voice.</p>		
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