



All Abilities PE Lesson - October

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Warm Up (from a seated position):

- Deep Breathing
- Neck side stretch (left)
- Neck side Stretch (right)
- Neck stretch to the front
- Neck stretch to the back
- Chest Stretch (goalpost arms and pinch shoulder blades together)

Activity: Yoga Flow (from a seated position):

- Raised hands
- Side bends (left & right)
- Mid Back extension
- Forward fold
- Cat Cow
- Core twists
- Triangle (left & right)
- Reverse Warrior
- Seated Pigeon
- Easy Pose
- Deep Breathing

All Abilities Virtual Physical Education Exercise Descriptions

Warm-up

We will execute a warm-up by completing each exercise for 30 seconds while practicing deep breathing. Each of the exercises will be completed from a seated position.

- **Deep Breathing**
 - Creating and following a breathing pattern is important when participating in yoga. We will start by getting into a breathing rhythm. Get into a comfortable position and slowly inhale through your nose feeling your belly and lungs fill with air. Try to inhale for the count of 5, however you can adjust the number of seconds you inhale to a number you are comfortable with as needed. Hold your breath in for 3-5 seconds, and then slowly release and push the air out of your mouth for the same duration of time you inhaled. Feel your belly and lungs push in towards your back as the air leaves your mouth.
- **Neck side stretch (left & right)**
 - Slowly tilt your head to the left side by bringing your chin up and over towards the right. Your left ear should come closer to your left shoulder and the top of your head should tilt to your left side. Hold this for a few breaths and switch to repeat on the right side.
- **Neck stretch to the front**
 - Slowly bring your chin to your chest to elongate the back of your neck. Breathe 5 times in this position before returning your head to a neutral position facing forward.
- **Neck stretch to the back**
 - Slowly extend your chin forward and out in front of you. Bring your chin forward and upward about 6 inches ensuring not to tip your head all the way back. Your chin should be extended forward and pointed towards the wall in front of you rather than the ceiling. Only your nose should point towards the ceiling. Feel the stretch in the front of your neck. Hold this for 5 breaths before returning your head

to a neutral position facing forward and with your nose pointed directly towards the wall in front of you.

- Chest Stretch
 - Lift your arms upwards and bend your elbows to a 90-degree angle. The palms of your hands should face forward and your elbows should be level with your shoulders and out towards your sides. Pinch your shoulder blades together. This will make your elbows move backward slightly. Hold this pose for a few breaths.

Yoga Flow

We will complete a full yoga flow twice through. Each of these exercises will be completed from a seated position. Please keep a water bottle nearby and breathe throughout the entire exercise session! You are welcome to pause and take longer in any pose as needed.

- Raised hands
 - Start with your hands by your sides. Slowly raise your hands out to your sides and then up over your head until your fingertips are pointing towards the sky. Feel the stretch upward in your back/spine. You may clasp your hands together above your head if that helps you feel the stretch deeper. Hold this pose for a few breaths.
- Side bends (left & right)
 - Start by sitting up straight. Lift your right arm up to the ceiling and rest your left arm on the arm of the chair. Slowly bring your right arm over towards the left side of your body so your left fingertips are pointing towards the left wall, elongating the right side of your torso and bending your torso towards the left. Slowly bring your arm back to the starting position. Repeat on the left side.
- Mid Back extension
 - Start by sitting up straight. Lift both arms up to the ceiling. Clasp the hands together and slowly bring the hands and arms backward slightly keeping your arm straight, arching your back backward and pushing your spine and belly button forwards. Continue to extend the arms up and then backwards.
- Forward fold

- Start by sitting up straight. Bring your arms up straight overhead, fingers pointed to the ceiling. Hinging at the hips, lower your core over your legs, reaching for your toes, shins, thighs or wherever is most comfortable for you to reach.
- Cat Cow
 - From a seated position, either rest your hands on your legs/knees or tuck your hands under your legs on the chair. While you inhale, arch lower back towards the back of your chair and push your shoulders forward. Tuck your chin into your chest. While you exhale, push shoulder blades together and push chest out keeping lower back in a more neutral position so it is flat against the back of the chair, lift your chin and turn your face toward the sky. Repeat for several breaths.
- Core twists (left & right)
 - Start by sitting up straight. Raise your arms, and bend your elbows at a 90-degree angle so your elbows are level with your shoulders, palms face forward and fingertips towards the ceiling. Alternatively, you can bend your elbows at 90-degree angles and rest them at your sides or on the armrests. Exhale and twist your body as far as it can go to the right and then to the left.
- Triangle (left & right)
 - Start with your arms spread out into a 'T' shape. The fingertips on your right hand should be pointing to the right, and your fingertips on your left hands should be pointing to the left. Take your right hand, bend at the waist and touch your right hand to your left foot. If you cannot reach your foot, bring your right hand to your left knee or shin. Extend your left hand up to the sky. Your chest should be facing the left wall rather than the floor. Take a few breaths in this pose, and then come back to the starting 'T' position. Repeat on the left side.
- Reverse Warrior (left & right)
 - Place your right arm behind the back of the chair. Lift your left arm up to the sky and slightly backward. Stretch your right arm to reach down as far as is comfortable on the back of the chair with your torso

twisted to the right. Hold this position for a few breaths. Bring your both arms to your lap and then repeat on the opposite side.

- Seated Pigeon
 - Lift your left leg upwards, and rest your left foot on top of your right knee. Let your left knee turn out to the left side so it is facing the left wall. Slowly move your torso forward towards your thighs to feel the stretch in the back of your leg. Take a few breaths in this pose. Return your left foot to the floor or footstool and repeat on the opposite side.
- Easy Pose
 - Remain in a seated position. If you would like to cross your legs, you may. Place your hands on your knees with your palms against your knees. Keep your back straight and head facing forward. Hold this position for a few breaths.
- Deep Breathing
 - Get into a comfortable position and slowly inhale through your nose feeling your belly and lungs fill with air. If it is more comfortable to lay on the ground, feel free to do so. Try to inhale for the count of 5, but adjust the number of seconds you inhale to a number you are comfortable with as needed. Hold your breath in for 3-5 seconds, and then slowly release and push the air out of your mouth for the same duration of time you inhaled. Feel your belly and lungs deflate as the air leaves your mouth. Do this a few more times as you feel your entire body relax and your heartbeat slow to a resting rate.