

Grade 7

Distance Learning Module 5: Week of April 27th to May 1st

## 7th Grade Healthy Living

**Targeted Goals from Stage 1:** *Create a Yoga Routine*

**Vocabulary:**

**Expectation:** Students will create a 5 min yoga routine and video tape it.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday:		
Tuesday: Students will research Yoga poses	(posted in Google classroom)	
Wednesday:		
Thursday: Students will finish researching yoga poses and practice poses	(posted in Google classroom)	
Friday:		

**Week criteria for success**

**Supportive resources and tutorials for the week**

YouTube Video: Yoga For Beginners | 30 Minute Teens Yoga Class with Yoga Ed. | Ages 11-13