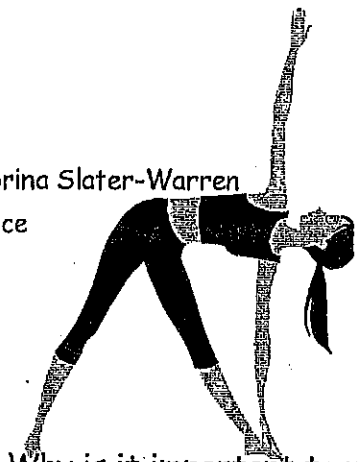


Grades 3-5

Sabrina Slater-Warren
Dance



The Warm-up

Why is it important to warm up before dance class?

A warm-up helps you prepare both mentally and physically for exercise and reduces the chance of injury. During a warm-up, any injury or illness you have can often be recognized, and further injury prevented.

Other benefits of a proper warm-up include:

- ✦ Increased movement of blood through your tissues, making the muscles more pliable.
- ✦ Increased delivery of oxygen and nutrients to your muscles.

Why are we using yoga as a warm-up?

Yoga is a physically, mentally and emotionally rewarding practice. Anyone can practice yoga. Yoga is beneficial to all, no matter what your shape, size, or age. People with movement restrictions or other physical

challenges can find a type of yoga to meet their needs and abilities.

Basically the short answer is that yoga makes you feel better; it is excellent for toning the muscles. Yoga lets you tune in, chill out, shape up — all at the same time.

Healthful Living

Standard 6: The student will identify and apply healthful practices related to dance.

Indicators: 6.1- Identify and demonstrate the manner in which healthy practices enhance one's ability to dance. 6.2-Identify the ways that dance promotes strength, health, physical safety, and reduced risk of injury. 6.3- Demonstrate warm-up exercises that prepare the body for dancing.

This prevents you from getting out of breath early or too easily.

- ✦ Prepares your heart for an increase in activity, preventing a rapid increase in blood pressure
- ✦ Prepares you mentally for the upcoming exercise
- ✦ Primes your nerve-to-muscle pathways to be ready for exercise
- ✦ Improved coordination and reaction times



Seated



Kundalini Circles - Step 1



Kundalini Circles - Step 2



Kundalini Circles - Step 3



Child's Pose



Table Top



Cat



Cow



Spinal Balance



Table Top



Frog



Forward Fold



Rag Doll



Half Moon



Tree



Figure Four

Yoga Log

Grades 3-5

Yoga logs are due weekly, during the month of November. For each dance class that a student attends, he/she will complete a yoga log. Please sign and return to Mrs. Slater-Warren, Dance teacher.

Student name _____ Grade _____ Teacher _____

Yoga pose	Hold pose	Check when completed ✓	Notes (pose difficult or easy)
Seated	30 seconds		
Kundalini Circles	5 circles		
Child's pose	30 seconds		
Table top	10 seconds		
Cat stretch	5 seconds		
Cow	5 seconds		
Spinal balance	5 seconds each side		
Frog	15 seconds		
Forward fold	10 seconds		
Rag doll	10 seconds		
Roll up	10 counts		
Half moon	5 seconds each side		
Tree	10 seconds each side		
Figure four	10 seconds each side		

Date _____ Parent signature _____

Student Name _____

K-2 Yoga Log

Yoga is a great way to warm-up the body in preparation for class. Practicing yoga increases your flexibility, concentration, and over all well-being. Spend some time over the next few weeks practicing the poses I am providing for you. Kindergarten, first, and second grade, you may color your sheets.

Please complete the attach log each time you practice yoga.

Week 1

Yoga Pose	Hold Pose	Check when completed √	Notes (Was the pose difficult or easy?)
Lion	10 seconds		
Mouse	10 seconds		
Otter	10 seconds		
Peacock	10 seconds		
Tree	10 seconds		
Kite	10 seconds		
Inhale	10 seconds		
Dog	10 seconds		

Week 2

Yoga Pose	Hold Pose	Check when completed √	Notes (Was the pose difficult or easy?)
Lion	10 seconds		
Mouse	10 seconds		
Otter	10 seconds		
Peacock	10 seconds		
Tree	10 seconds		
Kite	10 seconds		
Inhale	10 seconds		
Dog	10 seconds		

Week 3

Yoga Pose	Hold Pose	Check when completed √	Notes (Was the pose difficult or easy?)
Lion	10 seconds		
Mouse	10 seconds		
Otter	10 seconds		
Peacock	10 seconds		
Tree	10 seconds		
Kite	10 seconds		
Inhale	10 seconds		
Dog	10 seconds		

Week 4

Yoga Pose	Hold Pose	Check when completed √	Notes (Was the pose difficult or easy?)
Lion	10 seconds		
Mouse	10 seconds		
Otter	10 seconds		
Peacock	10 seconds		
Tree	10 seconds		
Kite	10 seconds		
Inhale	10 seconds		
Dog	10 seconds		

Standard 6, Indicator 6-1, 6-2, and 6.3

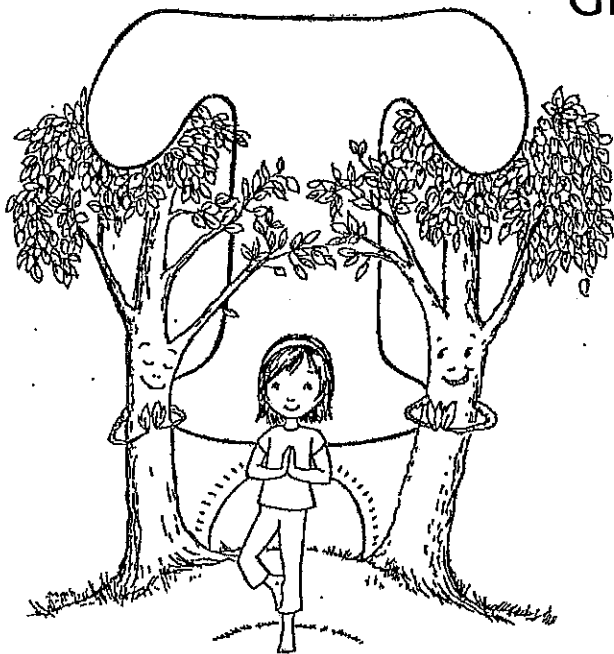
Name _____

Name _____

Tree

Grades K-2

Kite



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http://3.bp.blogspot.com/-B7-A1eypico/T7Qn-FMDQU/AAAAAAAAAzW/S_R5TSIK68... 8/22/2013

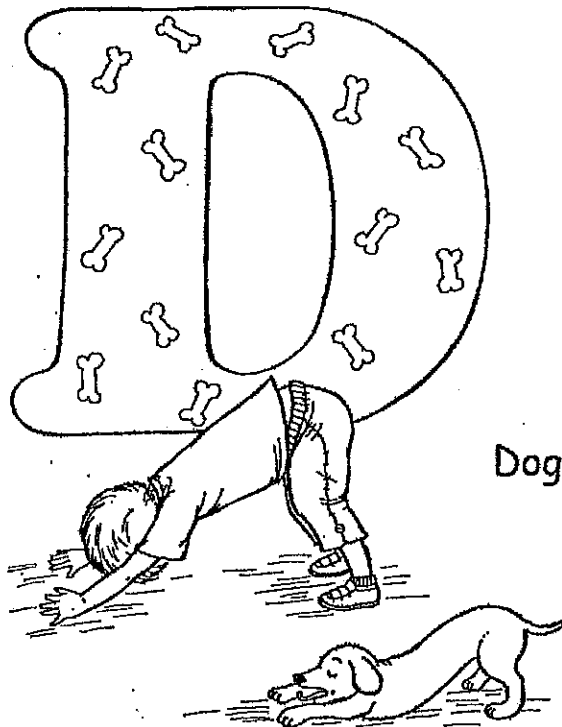
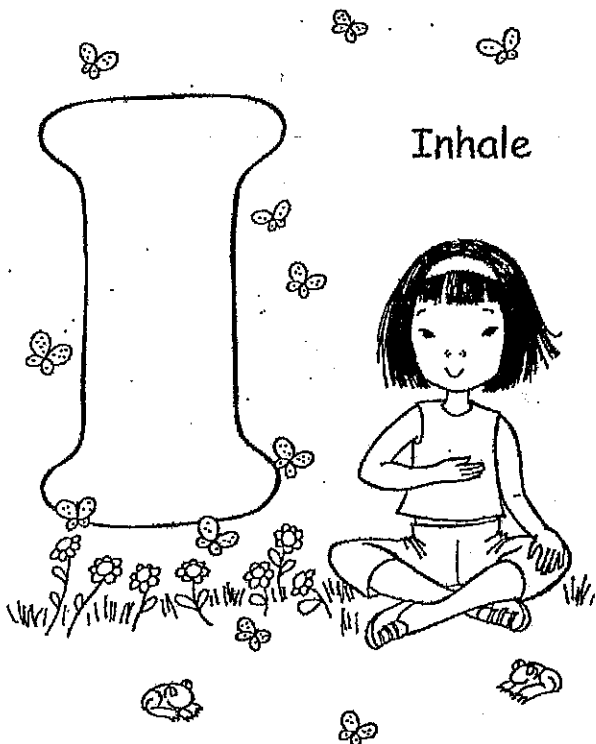
Page 1 of 1

Page 1 of 1

Name _____

Name _____

Inhale



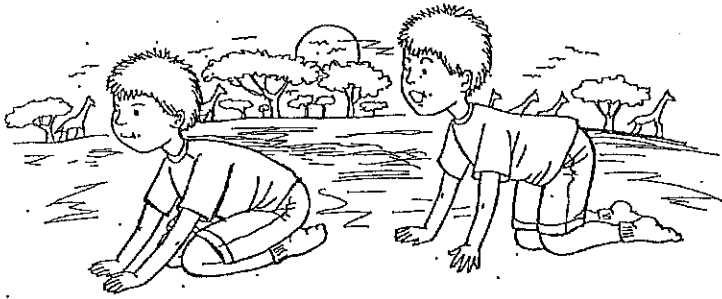
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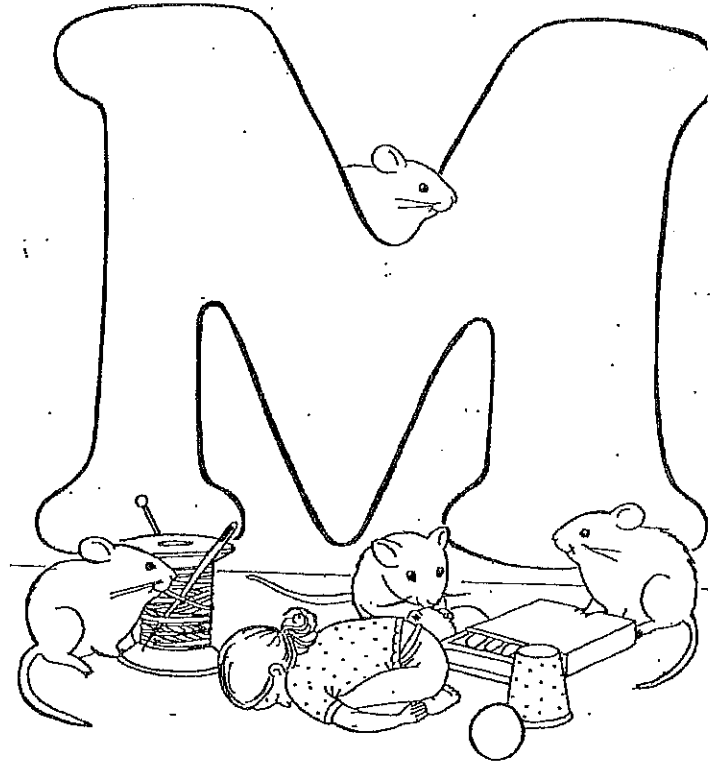
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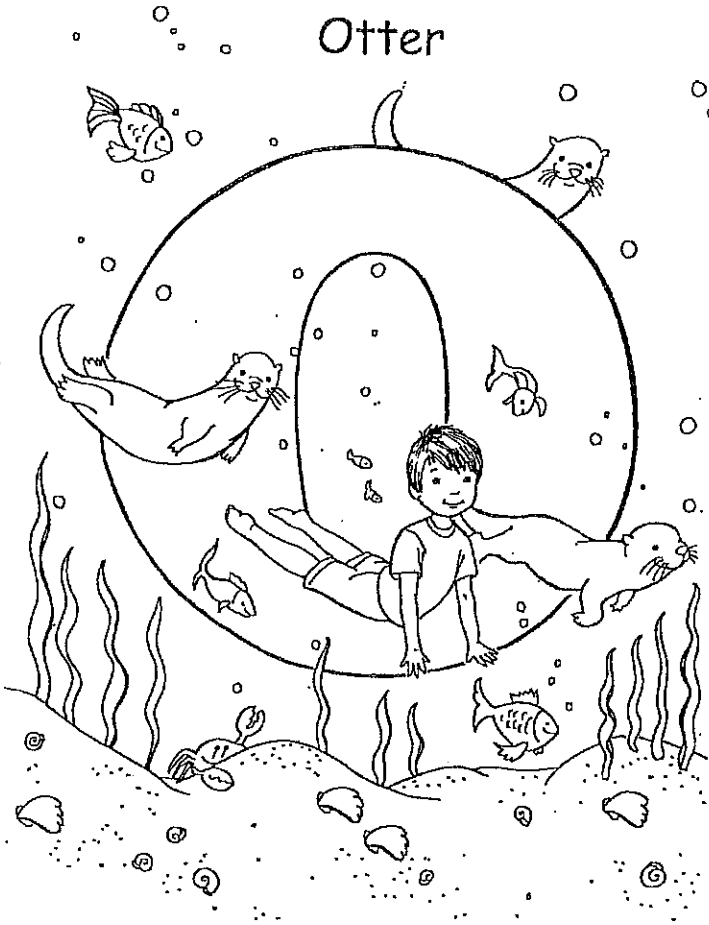
Lion



Mouse



Otter



P

Peacock

