

Yoga Assignment
Personal Fitness & Wellness

Name(s): _____

Class: _____

Directions: Individually or in groups of 2-3 you will create a sequence of asanas (poses). Once your sequence is created it will be written and performed both in class and via FlipGrid.

You will be graded based on the following criteria:

- You create a unique sequence containing at least twelve asanas. Right and left are counted as 1 asana but both sides need to be included in your sequence. If you need to repeat your sequence to do the other side that's fine. You should start and stop with resting asanas.
- During your instruction your sequence demonstrated instruction for proper breathing, able to successfully perform the sequence by memory, and while leading the asanas, you are able to correctly identify each.
- Please write up/draw your sequence of asanas and submit or hand in before presenting your sequence. See Yoga Write Up Example for a visual of what needs to be done. It does not have to be in that format, but each picture needs to demonstrate the asana. Also include how many breaths should be taken in each asana.

Assessment Criteria	Assessing Values <i>6 Fully Included, 4 Mostly Included, 2 Somewhat Included, 0 Not Included</i>			
Sequence-				
- Twelve asanas were identified	6	4	2	0
- Write up fully demonstrated each asana	6	4	2	0
- Breaths were identified for each asana		2	1	0
Asanas Performance-				
- Sequence contained and demonstrated proper breathing	6	4	2	0
- Sequence was performed by memory	6	4	2	0
- Each asana was correctly identified and performed	6	4	2	0

SCORE TOTALS Written: _____ Performance: _____ Total: _____/32