



Tools for Teachers





Sample Lesson Plans





Sample Lesson Plan

Relational Balance and Coordination

Warm Up

Partner Balance Game

Participants explore their ability to ground themselves through stability and coordination as they attempt to tip their partner off balance (see p.21-24 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational technology
- Chalk or tape
- Wall, desk, couch or counter

of Students:

Progression #1:

Walk the Line

Participants explore the amount of reciprocal lean required to walk in a mirrored fashion with their partner while maintaining tension to keep an object fixed between them (see p.29-32 for a detailed InterActivity Plan).

Progression #2:

Lean on Me

Participants develop relational awareness to themselves, others and the world by exploring how to lean into their partner in a reciprocal fashion and in various ways (see p.105-108 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Partner Balance Game: See page 24

Walk the Line: See page 32

Lean on Me: See Page 108

Assessment Tools: See Page 125



Sample Lesson Plan



Relational Skills and Game Tactics #1

Warm Up

Mirror Cone Touch

Students work in pairs to touch as many cones as possible in a synchronous and mirrored fashion for a set amount of time in 8 x 8 boxes (see p.53-56 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational technology
- 8-10 cones
- Two noise makers

of Students:

Progression #1:

Mirror Cone Touch Switch Up

Students work in pairs to touch as many cones as possible in a synchronous and opposing fashion for a set amount of time in 8 x 8 boxes (see p.57-60 for a detailed InterActivity Plan).

Progression #2:

Fake-Out Race-Out

Students work in pairs. They take turns trying to lose their opponent by making quick, agile movements and racing out to one of two gates located on opposite sides (see p.65-68 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Mirror Cone Touch: See page 56

Mirror Cone Touch Switch-Up: See page 60

Fake-Out Race-Out: See Page 68

Assessment Tools: See Page 125



Sample Lesson Plan

Relational Skills and Game Tactics #2

Warm Up

Be the Ball

In groups, one participant becomes a ball and others become the players. The ball is moved around the space through eye contact and movement cues made by the players (see p.61-64 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational technology
- 6 DIFFERENT coloured cones or objects.
- Two noise makers
- Chalk, tape or cones

of Students:

Progression #1:

Geometric KickBall

Participants learn to intuit and respond to where their partner is moving in space in order to send a ball in a way that their partner can receive successfully within their geometric shape (see p.49-52 for a detailed InterActivity Plan).

Progression #2:

Colour Wars

Participants compete in pairs and begin in the center of their own rainbow circle. Partners race to complete an exercise command, followed by a colour command provided by the instructor/participant. The partner who completes the exercise and moves to the appropriate coloured cone then back to the centre wins (see p.69-72 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Be the Ball: See page 64

Geometric Kickball: See page 52

Colour Wars: See Page 72

Assessment Tools: See Page 125



Sample Lesson Plan

Building Rhythmical Connections #1

Warm Up

Leaning in Mirror Walk

Participants explore the amount of reciprocal lean required to walk in a mirrored fashion with their partner while maintaining tension to keep an object fixed between them (see p.45-48 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational technology
- Hula Hoop
- Speakers for music

of Students:

Progression #1:

Feel the Beat with Your Hands and Feet

Participants learn how to create, combine and maintain percussive rhythms using various body parts with a partner or a group (see p.73-76 for a detailed InterActivity Plan).

Progression #2:

Rhythmic Mirror Walk

Participants explore what it's like to lean into someone while maintaining a rhythm together. Participants progress to moving in unison around the room while maintaining a synchronous rhythm and reciprocal lean (see p.77-80 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Leaning in Mirror Walk: See page 48

Feel the Beat with your Hands and Feet: See page 76

Rhythmic Mirror Walk: See Page 80

Assessment Tools: See Page 125



Sample Lesson Plan

Building Rhythmical Connections #2

Warm Up

Feel the Beat with Your Hands and Feet

Participants learn how to create, combine and maintain percussive rhythms using various body parts with a partner or a group (see p.73-76 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational Technology
- Speakers for music
- Props or objects to make percussion

of Students:

Progression #1:

Rhythmic Mirror Walk

Participants explore what it's like to lean into someone while maintaining a rhythm together. Participants progress to moving in unison around the room while maintaining a synchronous rhythm and reciprocal lean (see p.77-80 for a detailed InterActivity Plan).

Progression #2:

Rhythm of Life

Participants employ their creativity to create a sequence of movements that they will strive to perform in unison while maintaining synchronous rhythm and reciprocal leans (see p.81-84 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Feel the Beat with your Hands and Feet: See page 76

Rhythmic Mirror Walk: See page 80

Rhythm of Life: See Page 84

Assessment Tools: See Page 125



Sample Lesson Plan

Relational Fitness #1

Warm Up

Rock, Paper, Scissors, Glue

If participants land on the same symbol, they get to perform an activity corresponding to that symbol. If they land on a different symbol, they perform a predetermined exercise (see p.14-17 for a detailed InterActivity Plan).

Equipment/ Technology:

- Visual educational technology
- Task cards
- Timer

of Students:

Progression #1:

Beat the Clock

Participants draw and complete as many task card exercises as possible in an allotted amount of time while maintaining a synchronous connection with their partner (see p.93-96 for a detailed InterActivity Plan).

Progression #2:

Buddy Pace

Participants will work in groups to determine what it is like to maintain a pace together for different durations of time. Participants learn to work together and adopt the mentality: my strength is your strength, and your challenge is also my challenge (see p.101-104 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools Section

Rock, Paper, Scissors, Glue: See page 17

Beat the Clock: See page 96

Buddy Pace: See Page 104

Assessment Tools: See Page 125



Sample Lesson Plan

Relational Fitness #2

Warm Up

Emotional Roller Coaster

Participants learn that balance is a relational phenomenon as they explore their relationship with the ground, body parts, peers and poses (see p.18-20 for a detailed InterActivity Plan).

Equipment/ Technology:

- Zoom or other educational technology
- 6 DIFFERENT coloured cones or objects.
- Two noise makers

of Students:

Progression #1:

DIWO Yoga

In pairs, participants will develop a series of relational yoga-like movements and have the change to teach them to their classmates (see p.33-36 for a detailed InterActivity Plan).

Progression #1:

Mirror Movement

Participants play a mirror-like follow the leader game where they take turns using a piece of equipment to lead each other through various exercises while playing with matching the shape, force and effort of movement between themselves (see p.89-92 for a detailed InterActivity Plan).

For Assessment Ideas see Function2Flow Assessment as Learning Prompts for each interActivity and/or the Assessment Tools

Section

Emotional Roller Coaster: See page 20

DIWO Yoga: See page 36

Mirror Movement: See Page 92

Assessment Tools: See Page 125



Handouts





Emotional Roller Coaster Handout

WARM-UP INTERACTIVITIES

FAST AND SLOW: SUGGESTED BREATHING TECHNIQUES

Simple Supine Belly Breath:

- Lay down on your back with one hand on your belly and the other hand placed on your chest. Inhale and exhale deeply through the nose with the mouth closed. As you inhale, pull the air into the belly and feel it rise. As you exhale, feel the air empty from your belly and your ribs tuck closer to your spine. Inhale for 4 counts, pause for 2 seconds, exhale for 6 counts (Tarkeshi, 2017).

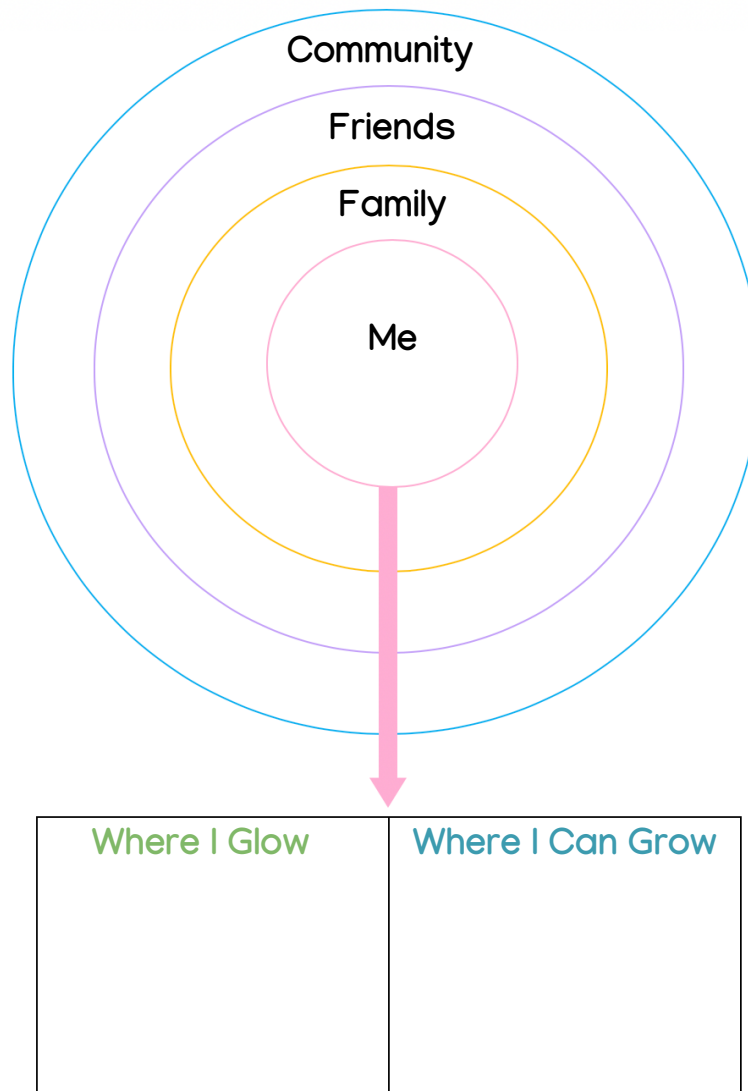
Warriors Breath:

- Begin with natural breath in a seated position with legs crossed and your back straight. Inhale and exhale through the nose. Relax the chin and breathe in through the nose, closing the throat slightly to make an oceanic sound – it should be audible to someone next to you. If unable to make this sound with the nose, try with the mouth to begin (Tarkeshi, 2017).

FINDING SUPPORT IN THE BODY AND WITH OTHERS

Suggested debrief activity to connect balance to living skills:

Have students draw and fill in the following diagram to identify sources of support in their lives.





Find Your Flow Examples

WARM-UP INTERACTIVITIES

Below are example yoga routines that students and teachers may wish to explore together. The right banner is targeted towards children ages 12 and below as they may prefer to create new yoga poses inspired by their favourite theme.

Create a Sun Salutation!

Warm-Up

Regular Breathing	Mountain Pose, Hands at Hearts Centre
Inhale	Upward Salute
Exhale	Standing forward Fold
Inhale	Halfway Lift
Exhale	High Plank to Low Plank
Inhale	Upward Facing Dog
Exhale then 5 Breaths	Downward Facing Dog
Repeat 3 x	

Main Set

Inhale	Mountain Pose, Hands at Hearts Centre
Exhale	Warrior Two
Inhale then 3 Breaths	Extended Side Angle
Exhale then 3 breaths	Lower into Triangle
Inhale	Star Pose
Exhale then 5 Breaths	Wide Leg forward fold
Exhale then 5 Breaths	Yogi Squat
Inhale then 5 breaths	Tree Pose
Exhale then 5 breaths	Dancer
Inhale then 5 breaths	Balancing Half Moon

Main Set II to Cool Down

Regular Breathing	Mountain Pose
Inhale	Upward Salute
Exhale	Standing forward Fold to Stomach
Inhale	Locust
Exhale	Stomach
Inhale then 5 Breaths	Floor Bow
Exhale	Stomach
Inhale then Regular Breathing	Crow

Create a Yoga Story!



STRETCH WITH
SID THE SLOTH
IN THE ICE AGE

STRETCH LIKE
A SUPERHERO



MOVE LIKE
YOU'RE AN
OCEAN
CREATURE



MOVE LIKE YOUR
FAVOURITE
FOOD!



DIWO Yoga Cards

InterActive4Life

WARM-UP INTERACTIVITIES



Mountain Pose



Upward Salute



Forward Fold



Half-Way Lift



Downward Facing Dog



High Plank



Low Plank



Upward Facing Dog
or Low Cobra



Chair Pose



Warrior I



Warrior II



Extended Side
Angle



DIWO Yoga Cards

InterActive4Life

WARM-UP INTERACTIVITIES

Triangle



Star Pose



Wide-Leg
Forward Fold



Yogi Squat



Tree Pose



Dancer



Balancing Half
Moon



Locust



Floor Bow



Bridge



Crow



Plow Pose





#SPREADPOSITIVITY

Explain how promoting health and wellbeing online can positively impact others.

[illegible]

BENEFITS:

ALTERNATIVE VARIATIONS:
(i.e., with partner, easier, and harder)



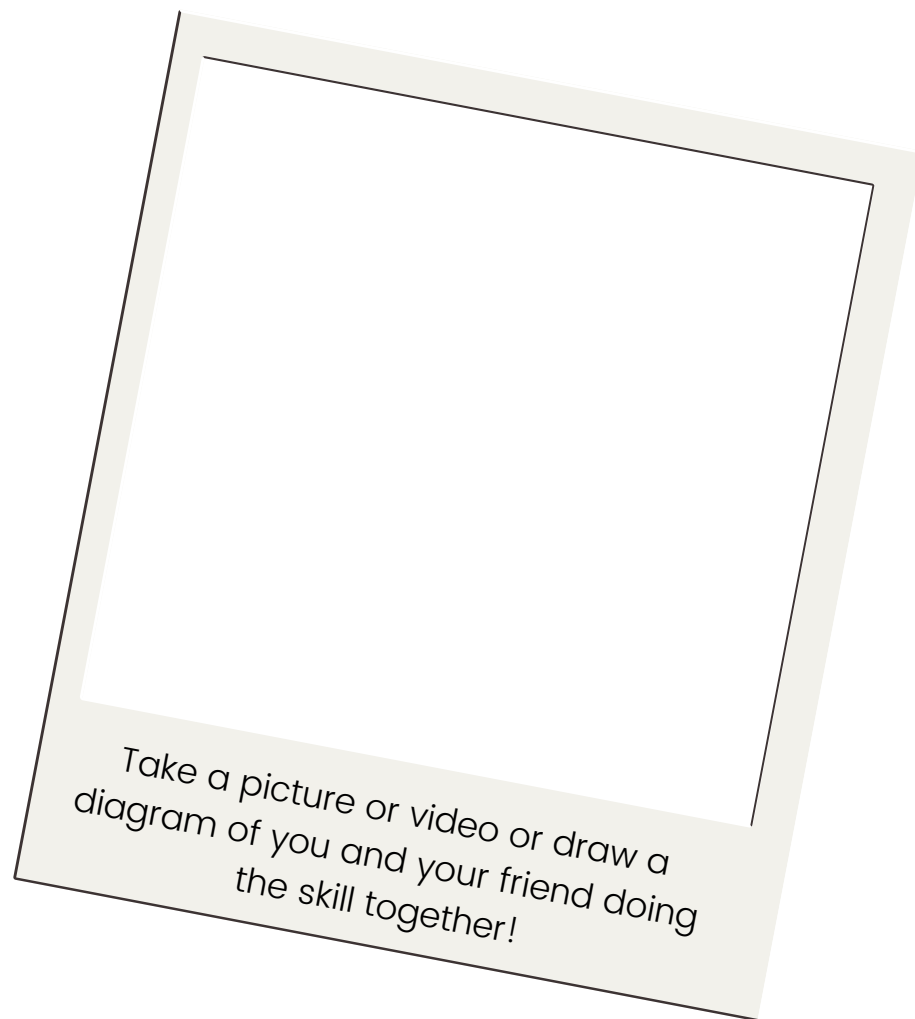
Guess the Copy Cat Peer-Teaching Tool

COOPERATIVE INTERACTIVITIES

Before you teach your friend your skill, consider breaking your skill down into smaller parts. Make sure you master each part together so that the detective can't tell who the copycat really is!

- Name of student instructor: _____
- Skill to be developed through relational interactivity: _____

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



- In the space below, write down what makes an excellent leader.
- In the space below, write down what makes an excellent CopyCat?
- Video Demonstration Link (if applicable):
