

BHS Yoga/Pilates/Ball

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):			
APPLICATION 1 (4):		APPLICATION 3 (4):			
KNOWLEDGE (6)					
TOTAL (50):					

SKILL 1: Yoga

- **Downward facing dog:** hands on floor, pike at waist, heels on floor
- **Triangle Pose:** split leg position, one arm down to floor by front leg, other arm to ceiling, open chest position
- **Proud Warrior:** Standing bent front knee straddle position, arms extended at shoulders

SKILL 2: Pilates

- **The Hundred:** Supine position, arms extended by side, pulse at floor.
- **Side stability exercises:** Lay on side, legs extended, hips stacked, core stable
- **Roll up:** Legs straight, arms overhead, chin to chest, roll up, return to start

SKILL 3: Ball – Core Exercises

- **Crunch:** feet apart, table top position, shoulders level with ball, curl up, return to start
- **Abdominal Pike:** Prone position, ball to stomach, hands on floor, roll ball from stomach to toes to pike position, return to start.
- **Shin Balance:** Supine position, knees flexed, ball balanced on shins, extend legs, retract to 90 degrees

SKILL 4: Ball – Resistance Exercises

- **Chest Press:** Table top position, elbows to 90 degrees at side, dumb bell press, return
- **Leg Extensions:** Sit on ball, weight on quadriceps, extend leg and return
- **Ball bridges:** Supine position, ball under heels, hips raised, pull ball to gluts and return

TOTAL SKILL: /12-24

APPLICATION 1:

- 4 Demonstrates the correct technique for all movements throughout the exercise routine with few, if any observable errors in technique.
- 3 Demonstrates the correct technique for all movements throughout the exercise routine with minor observable errors in technique. Able to recognize errors and returns quickly to correct movement independently or by seeking confirmation from others.
- 2 Performs some movements corrects but makes errors causing major breaks in the routine unaware of errors.
- 1 Attempts to follow movements but unable to follow correctly.

APPLICATION 2:

- 4 Correctly identifies and applies principles of exercise during workouts an class work
- 3 Correctly identifies and applies principles of exercise during workouts an class work with some assistance
- 2 Attempts to identify and apply principles of exercise during workouts and class work with consistent assistance.
- 1 Unable to identify and apply principles of exercise during workouts and class work.

APPLICATION 3:

- 4 Demonstrates a high degree of intensity, self-direction, and attention to detail. Participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Challenges self to high degree of performance.
- 3 Participates energetically and safely, demonstrates self control and respect for others.
- 2 Participates safely, demonstrates self-control and respect for others but is inconsistent in energy.
- 1 Lacks self-control at times and/or needs reminders to participate safely, energetically and respectfully.

TOTAL APPLICATION: /12

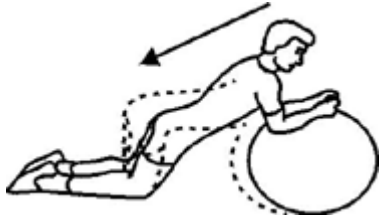
TREE POSE

TRIANGLE POSE

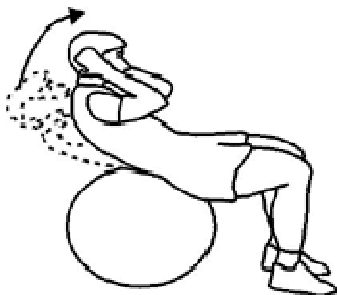
**DOWNWARD
FACING DOG
POSE**

PROUD WARRIOR
POSE

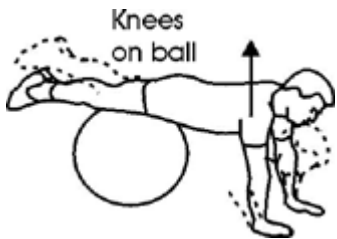




Place hands on ball, pull abdominals firmly in. roll ball forward ensuring back does not sag. Repeat.



Lay with ball supporting lower back , knees and heels in line. cross arms over chest . pull abdominals firmly in and curl up and forward, exhaling as you lift. repeat.



Place knees on the ball (legs straight) , keep abdominals tight and ensure back is straight. Bend at the elbows and lower yourself to a few inches from the floor. Press up and repeat.



Maintaining an upright position, place one foot on the ball . Bend the other knee and descend until the forward thigh is parallel to the floor. Push up and back to the starting position. Repeat with the other leg.

