



I'M A TREE: LESSON 5

TREE YOGA

Teacher

SUBJECTS: Science, Physical Education

SKILLS: Balance, Stretching, Attributes of Living Things

MATERIALS

- Computer/tablet/phone
- FLIPGRID Challenge: Tree Yoga

COMMON CORE STATE STANDARDS (CCSS)

PHYSICAL EDUCATION (OHIO LEARNING STANDARDS)

Listed as Standard.Benchmark.Grade.Indicator

- 1.A.K.3:** Use non-locomotor skills (e.g., bend, twist, turn, sway, stretch) in exploratory and a stable environment.
- 1.A.K.4:** Balance using a variety of body parts (e.g., 1/2/3/4 point balances) and body shapes (e.g., wide, narrow, twisted).
- 3.B.K.1:** Recognize activities that could be used to improve each component of health-related fitness.
- 3.B.K.4:** Identify ways to stretch muscles in the body.
- 4.A.K.2:** Follow directions and handle equipment safely.
- 4.B.K.1:** Follow instructions and class procedures while participating in physical education activities.

SCIENCE (OHIO LEARNING STANDARDS)

- K.LS.1:** Living things have specific characteristics and traits.
- K.LS.2:** Living things have physical traits and behaviors, which influence their survival.
- K.PS.1:** Objects and materials can be sorted and described by their properties.

ESSENTIAL QUESTIONS

1. What different ways can the body move given a specific purpose?
2. How will physical activity help us now and in the future?



I CAN STATEMENTS (LEARNING OBJECTIVES)

1. I can participate in physical activity requiring instruction.
2. I can stay healthy through many different physical activities.

LINKS

- **Slug Science Journeys Homepage** <https://www.miamicountyparks.com/node/1256>
- **I'm a Tree Video** <https://vimeo.com/videobranch/review/415298468/7965049766>

ACTIVITY

TREE YOGA

In the SLUG SCIENCE JOURNEY Video and in the FLIPGRID Science Challenge, Solar Steve introduced students to “Tree Yoga” or “Being A Tree”. While pretending to be a tree, students are also introduced to the importance of stretching and how it helps in body health. This is a great way to introduce yoga, mindfulness and stretching in the classroom or home. Students can record their yoga tree exercises in FLIP-GRID Mini Science Challenge to share with the class.

EVIDENCE OF ACTIVITY

Students will create the **FLIPGRID Challenge: Tree Yoga**.