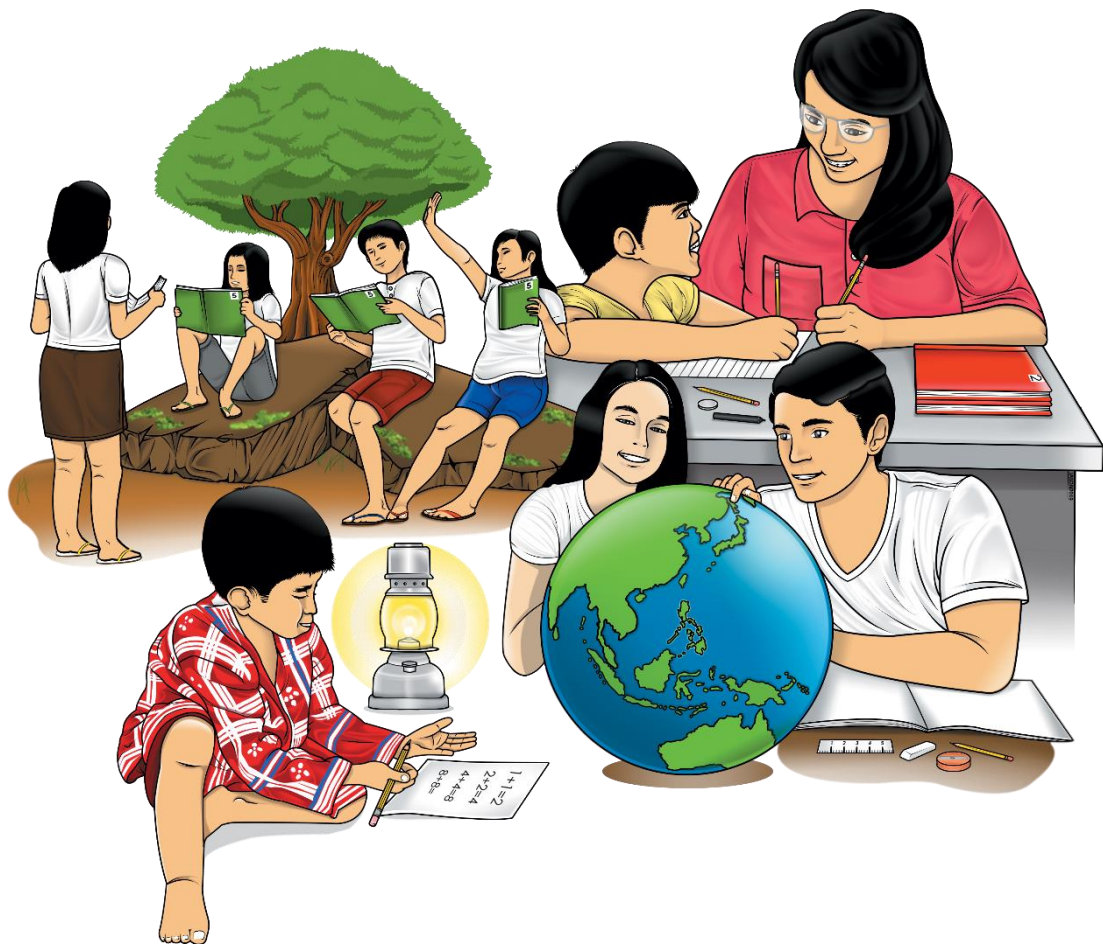


Physical Education

Quarter 1- Module 2: Yoga as a Recreational Activity



Physical Education- Grade 10
Alternative Delivery Mode
Quarter 1 – Module 2: Yoga as a Recreational Activity
First Edition, 2020

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Physical Education

Quarter 1 – Module 2:
Yoga as a Recreational Activity

Introductory Message

This Self Learning Module is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson with ease.

The SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pretest is provided to measure your prior knowledge on the lesson. This will show you if you need to proceed in completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of this module, you need to answer the posttest to self-check your learning. Answer keys are provided for all activities and tests. We trust that you will be honest in using them.

In addition to the material in the main text, notes to the Teacher is also provided to our facilitators and parents for strategies and reminders on how they can best help you in your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. Likewise, read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was specifically developed and designed to provide you fun and meaningful learning experience with your own time and pace.

The module is divided into four lessons, namely:

- Lesson 1 – Introduction to Yoga
- Lesson 2 – Yoga Exercise
- Lesson 3 – Development of Yoga
- Lesson 4 – Making it Part of Life

After going through this module, you are expected to:

- assess physical activity, exercise, and eating habits; **PE10PF-Ia-h-39**
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school **PE10PF-Ib-h-45**; and
- express a sense of purpose and belongingness by participating in physical-related community services and programs **PE10PF-Ib-h-48**.

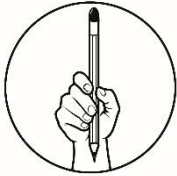
Lesson

1

Introduction to Yoga



Hello there, welcome back! Today's lesson is all about yoga. Sounds familiar? Let's get to know more about it.



What I Know

Directions: List down your observations about the picture below in your activity notebook. Be guided with the following questions:



1. What is the model doing in the picture?

2. What do you call the position of the model?

3. Have you tried doing it, or have you seen one before?



What's In

Directions: Answer the following questions in your activity notebook.

1. What is meant by FITT?

2. How was your experience doing your planned strength exercise?

3. Are you on track in terms of your fitness target?



What's New

Directions: X-TERMINATOR- Eliminate all the letter X to reveal the hidden words in the table. Use your activity notebook for your answers.

K	U	N	D	A	L	I	N	I
X	X	X	X	X	X	X	X	X
A	S	H	T	A	N	G	A	X
X	X	X	X	X	X	X	X	X
I	Y	E	N	G	A	R	X	X
X	X	X	X	X	X	X	X	X
X	B	I	K	R	A	M	X	X
X	X	H	A	T	H	A	X	X
V	I	N	Y	A	S	A	X	X
X	X	X	X	X	X	X	X	X



Are you familiar with those words? Let us now proceed to the next page to deepen your knowledge about yoga.



What It Is

A. What Yoga is

Yoga is an activity that originated in India. It is derived from the word **Yuj**, which means "to add," "to join," or "to attach." It is an ancient form of exercise that builds the strength and flexibility of a person. It is also considered as a therapy that boosts physical and mental well-being. The main components of yoga are posture and breathing.

Yoga helps in controlling an individual's mind, body, and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, helps manage stress and anxiety, and keeps you relaxed. It also helps in increasing flexibility, muscle strength, and body tone. It improves respiration, energy, and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look, and move. Regular practice of yoga can help lose weight, relieve stress, improve immunity, and maintain a healthier lifestyle.



In every activity that we engage in, we need to consider our safety. Even if we do not move a lot in yoga, we still need to follow precautionary measures or etiquette.

Adapted from *Eva Norlyk Smith, Ph.D*

B. Precautionary Measures

1. Have a beginner's mindset.

Yoga may look comparatively simple, but it's not. Start with a series of yoga classes for beginners, which will introduce you to the basics in a systematic way.

2. Listen to your body.

Listening to your body and honoring its signals is key to safe practice. If you feel something like strain, you're pushing too hard. If your body feels like it needs a break, then relax and position yourself in a child's pose.

3. Do your pose, do not copy your neighbor.

For most of us, the mind tends to overrule the body. There are appropriate poses for others that we cannot execute. So do not copy something beyond your capability, not until you're ready for it. Therefore, honor what your body could execute.

4. Look for your good edge.

Look for the sweet spot in every pose. That is where you are challenging the body and yourself but still staying completely within your comfort zone. Appreciate your achievement.

5. Choose the right teacher and approach.

Yoga teachers vary in approach, style, experience, and training. If you're young and fit, you will be able to handle a wide range of yoga styles and classes. Let your teacher know before the class, and don't be shy to ask if the lessons are suitable for you. If the teacher isn't able to offer specific feedback related to your condition, that's a good indication that the teacher might not be good for you.

C. Food Requirements

What to Eat Before Yoga Session

For those who are looking to practice yoga in the morning, it is better to eat bananas and other fruits like berries, at least 45 minutes before your session. Start your day with protein-rich foods like yogurt and dried fruits, oatmeal, fruit smoothies, eggs, homemade protein bars, and protein shakes to kick-start your morning filled with energy.

What to Eat After Yoga Session

You should drink water 30 minutes after you have meditated. The idea is to regain the electrolytes that you may have lost during yoga, which can cause cramps in the body. Eat a super nutritious meal after your yoga session. Indulge in a bowlful of fresh seasonal fruits or vegetable salads. You can also have hard-boiled eggs, a light sandwich, yogurt with nuts and seed, and cereals.

What You Shouldn't Eat Before and After Yoga

Don't eat a large meal before a yoga class or avoid dishes that are rich in oil, spices, and fried items. Fatty food slows down digestion. You shouldn't have foods that are rich in fat content that substantially slows down your digestion. Whether you are practicing yoga in the morning or evening, ensure that you are well-hydrated, even if it means drinking water, coconut water, or lemon water. Your ability to move and maintain focus is compromised with even mild dehydration.

D. Introduction to Yoga

The body in yoga is the vehicle for the development of wisdom and spiritual awakening. As such, the body is treated to be sacred. The mastery of our body is considered the foundation of spiritual progress. In yoga, we learn to discipline the body by developing awareness and attentiveness, tuning in to our body's subtle energy flows and the life-giving rhythm of our breathing.

The idea is that by becoming more deeply and subtly connected to our physical experience, we can become one or united with ourselves, more grounded, and less swayed by anxieties or neurotic cravings for things that will not truly satisfy us. This can be a very positive influence on our approach to life, offering an antidote to the usual noisy, frantic pace that characterizes our modern world.

Here are other benefits of yoga:

- Attainment of perfect balance and harmony
- Self-healing.

- Removal of negative blocks from the mind and toxins from the body
- Augmentation of personal power
- Greater awareness
- Focus and concentration, especially important for children
- Decreased stress and tension in the physical body by activating the parasympathetic nervous system
- Better relationships

The variations of physical activities, breathing techniques, and relaxation in yoga connect the body and the mind.

Types of Yoga	Goal	Description	Benefits	Target Population
<i>Hatha</i>	To improve flexibility and balance	Combines pose with breathing techniques	Relaxing and restorative	Beginners
<i>Vinyasa</i>	To attain good strength, flexibility, and balance	Also known as <i>power yoga</i> ; a fast-paced style that requires continuous movement	Weight reduction	Obese and weight-conscious; also suited for runners and athletes
<i>Iyengar</i>	To reinforce the muscles and support the joints	Emphasizes proper alignment	Relieves back and neck pain	Musculoskeletal problems
<i>Bikram</i>	To form flexibility	A style of hot yoga that increases the muscles' ability to stretch	Enhances athleticism	Athletes, also suited for amateurs
<i>Kundalini</i>	To calm the mind and energize the body	Done by doing body movements, chanting of mantras, and breathing	Tranquility and serenity within the self	Individuals aiming for spiritual experience
<i>Ashianga</i>	To develop strength and endurance	A physically challenging style that consists of various poses	Cleansing the body	Yoga practitioners



What's More

Activity 1: Read the following and answer the questions below.

The Beginner Yoga Stages

Stage One - Learn the Yoga Basics: The beginner student fundamentally needs to be equipped with yoga principles, such as how to do the most basic yoga poses that are a part of almost all classes, including sitting cross-legged (**sukhasana**), sitting with legs straight (**dandasana**), sitting on your heels (**virasana**) and doing a flow called sun salutations (**nurya namaskar**).

Stage Two - Learn the Yoga Fundamentals, Core Stability: You must know how to properly activate your core (**bandhas**) and how to integrate your breathing (**pranayama**).

Stage Three - Learn the Yoga Fundamentals, Strength, and Stretch: Understand how to strengthen your core and maintain core stability while stretching and doing yoga.

Stage Four - Learn the Yoga Fundamentals, Take the Next Step: Challenge yourself with more demanding poses and sequences.

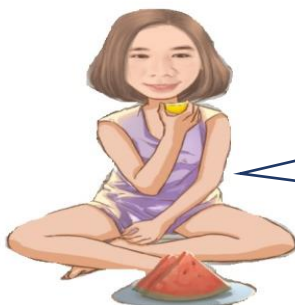
Answer the following questions:

1. What is the importance of being knowledgeable about the stages of yoga?
2. How is it beneficial to you as a learner?
3. What are the possible consequences if we skip one stage in learning yoga?

Activity 2.

Directions: Using the template below, think of a pose that applies to each stage. Write your answers in the activity notebook by describing each pose.

Stages	Poses
First Stage	
Second Stage	
Third Stage	
Fourth Stage	



Welcome back to your second lesson. I hope you are wearing your jogging pants because we will be dealing with a lot of yoga exercises today!

Lesson**2****Yoga Exercises*****What's In***

Directions: Complete the following statements below by applying your knowledge and understanding of the stages of yoga and its safety measures. Use your activity notebook to write your answers.

1. As a beginner my knowledge of the four stages of yoga is

2. To perform yoga, I need to

3. For me, yoga is

***What's New***

Directions: Perform the warm-up part of your strengthening exercise routine created in the previous module and record your pulse rate. Write your experience of this activity in your notebook.





Pulse Rate	Reflection









What It Is

In the last lesson, Yoga was introduced to you. Today, you will be learning the different yoga postures.

Yoga Postures

Yoga Posture	Description	Pose
Mountain pose Tadasana	Hands are raised overhead, palms facing each other with arms straight (Figure of 11). Hold the position for 1 minute.	
Downward dog Adho (Mukha) Svanasana	The body looks like an inverted "V," and the position is held for 3 seconds or 3 full breaths.	
Warrior (3 rd type) Virabhadrasana	Right knee is bent at 90-degree angle, and left leg is bent to a 45-degree angle, arms are extended to the sides with palms facing down, and held for 1 minute	
Tree pose Vrksasana	Sole of the right foot is positioned on the left thigh, hands are in prayer position, and stay for 30 seconds	

<p>Bridge pose Setu Bandha Sarvangasana</p>	<p>Start from a supine lying position on the floor with knees bent, and thighs lifted until parallel to the floor, arms rested on the sides with palms down, the chest is raised closer to the chin, and held for 1 minute.</p>	
<p>Triangle pose Utthita Trikonasana</p>	<p>Arms are extended to the sides, bend over the right leg, let the right hand touch the floor while the left hand is extended towards the ceiling. Hold the position for 5 breaths.</p>	
<p>Seated twist (1 type) Andha Matsyendraasana</p>	<p>The flexed left thigh is positioned over the stretched right leg. Let the right elbow touch the left knee, then twist to the left as far as you can, and stay that way for 1 minute.</p>	
<p>Cobra Bhujangasana</p>	<p>From a supine lying position, press the shoulders down and slowly raise the upper body. Stretch and feel the tension from the lower back to the neck. Keep the position for 15-30 seconds.</p>	
<p>Pigeon pose kapotasana</p>	<p>From the push-up position, the left leg is brought down while the right knee is bent on the floor, the chest is brought closer to the floor as the arms are extended in front. Hold for 30 seconds or longer.</p>	
<p>Child's pose Balasana</p>	<p>Sit on your heels, lower your chest, and bend forward with chest closer to the knees. Let your forehead rest on the flat surface, with arms extended forward. Hold the pose, and breathe.</p>	



What's More

Activity 1: Let's Try It

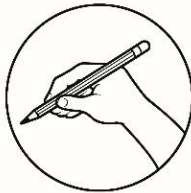
Directions: Perform all yoga positions. Determine which ones are easy and which ones are challenging. Write your experience in your activity notebook.

Activity 2: Family Bonding with Yoga

Directions: Invite a family member to perform the different yoga positions with you. Each position shall be done in 18 counts. Ask them to share how they feel towards this activity.

Activity 3: Time to Create

Directions: Choose 5 yoga positions that you wish to try. Write them in your activity notebook. Memorize the positions and perform them without looking at the illustrations



Assessment

Directions: Pick your top 3 most favorite yoga postures in the table below then execute them. Check the positions that you were able to execute and cross mark if you were not able to execute. Provide a reflection on each position.

Yoga Posture	(/) or (x)	Reflection/Experience/



Additional Activities

Directions: Perform at least five (5) different Yoga positions every day. List the positions using the template below. Write a daily journal about your yoga performance. Follow the following questions: 1. How do you feel every time you do yoga? 2. Can you feel any development in your body and concentration?

Day 1	Day 2	Day 3	Day 4	Day 5

Lesson

3

Development of Yoga







Hi, so how do you find yoga? Let us explore more. Are you ready? Let's proceed.



What's In

Directions: Matching Type. Match the yoga position in column A with its correct name in column B. Write your answers in your activity notebook

Column A	Column B
1. 	a. Cobra
2. 	b. Seated Twist
3. 	c. Triangle Pose
4. 	d. Bridge Pose

5.



e. Tree Pose



What's New

Directions: Perform your choreographed routine with the music of your choice. Record your performance in Yoga (Activity 3, Lesson 6) on your cellphone then submit it through the platform chosen by your teacher.



What's More

Activity 4. Time to Teach

Directions: Ask your family member to perform the Yoga positions you chose. Execute them using a mellow music background. Below is the rubric to be used. Conduct a simple interview with your family members and let them share what they felt after the performance and how yoga could be beneficial to them.

Criteria	
Execution 50%	◆All the exercises were executed properly and with ease.
Attainability 30%	◆The principle of FITT was observed and attained in the activity.
Mastery 20%	◆All exercises were executed with mastery and in proper order.
Total- 100 %	

Activity 5:

Directions: Create a simple fitness plan for Yoga applying the FITT principle.

Yoga Posture	1st Week	2nd Week	3rd Week
Mountain pose <i>Tadasana</i>	F-3x a week I- Heel Raise T-45 sec. T-Hang in monkey bars (if available)		
Downward dog <i>Adho (Mukha) Svanasana</i>			
Warrior (3 rd type) <i>Virabhadrasana</i>			
Tree pose <i>Vrksasana</i>			
Bridge pose <i>Setu Bandha Sarvangasana</i>			
Triangle pose <i>UtthitaTrikonasana</i>			
Seated twist (1 type) <i>AndhaMatsyendrasana</i>			
Cobra <i>Bhujangasana</i>			
Pigeon pose <i>kapotasana</i>			
Child's pose <i>Balasana</i>			



Congratulations, you have been doing great! I hope you were able to appreciate yoga.

Lesson

4

Making It Part of Life



Nothing can be greater than making good things become parts of one's life.

Yoga is very useful in worldly life to make the body healthy. With a healthy body, one is better able to undertake spiritual practice, such as service towards the Absolute Truth (**satsēvā**).

- If yoga is complemented with other forms of spiritual practice to purify the mental body and other bodies, then a person can achieve rapid spiritual progress in his lifetime. Thus, a person can make progress to achieve the purpose of life, which is to unite with God.



What's In

Directions: From a scale of 1-10 (1 being the most challenging and 10 being the easiest), rank the following yoga positions from the easiest to the most challenging ones to perform. Write the answers in your activity notebook.

Yoga Posture	Reflection
Mountain pose <i>Tadasana</i>	
Downward dog <i>Adho (Mukha) Svana sana</i>	
Warrior (3 rd type) <i>Virabhadrasana</i>	

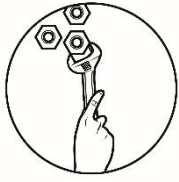
Tree pose <i>Vrksasana</i>	
Bridge pose <i>Setu Bandha Sarvangasana</i>	
Triangle pose <i>Utthita Trikonasana</i>	
Seated twist (1 type) <i>Andha Matsyendrasana</i>	
Cobra <i>Bhujangasana</i>	
Pigeon pose <i>kapotasana</i>	
Child's pose <i>Balasana</i>	



What I Have Learned

Directions: Below is an exit ticket. After engaging in yoga exercises, complete the table below.

Y O G A		
3 things I like about yoga	2 things I want to share with my friends	1 thing I want to explore more
1.	1.	1.
2.	2.	
3.		



What I Can Do

Directions: Write an essay using the following guide questions:

1. In what way can yoga help in improving one's mental condition?
2. How can yoga help in dealing with the current health crisis we are facing today?

RUBRICS FOR GRADING	
SUBSTANCE 40%	◆ The answer was clear and direct to the point.
RELEVANCE 40%	◆ The questions were answered clearly, comprehensively and relevant to the present situation.
EXPRESSION 20%	◆ The essay is well expressed, the language used, vocabulary and elements of writing were observed.
Total- 100 %	



Assessment

Directions: Read the following questions and write the letter that best represents your answer in your activity notebook.

1. What ancient form of exercise builds the strength and flexibility of a person?
A. Yoga B. Tai Chi C. Taekwondo D. Karate
2. What country pioneered Yoga?
A. Philippines B. India C. Venezuela D. Brazil
3. Which of the following is true about Yoga?
A. Yoga was introduced by Brazil.
B. Yoga is intended for athletes only.
C. Yoga is an alternative sport for gymnastics.
D. It is considered a form of alternative medicine that boosts physical and mental well-being.
4. Which of the following statements is not correct about Yoga?
A. Promotes self- healing C. Enhances personal power
B. Yoga is a difficult exercise D. Yoga is for living with greater awareness.
5. What type of yoga is used to develop flexibility and balance?
A. Hatha B. Vinyasa C. Iyengar D. Bikram
6. What type of yoga is used to establish strength, flexibility, and balance?
A. Hatha B. Vinyasa C. Iyengar D. Bikram
7. What is the other name for Child's Pose?
A. Balasama C. Vrksasana
B. Kapotasana D. Adho Svanasana
8. What yoga position requires the body to look like an inverted "V" and held on for 3 full breaths?
A. Balasama C. Vrksasana
B. Kapotasana D. Adho Svanasana
9. What yoga position requires the body to sit with your heels, chest lowered and moved forward closer to the knees, forehead to rest on the flat surface, with arms extended forward, and the pose held to breathe?
A. Balasama C. Vrksasana
B. Kapotasana D. Adho Svanasana
10. What yoga position is also known as Tree pose?
A. Balasama C. Vrksasana
B. Kapotasana D. Adho Svanasana

Directions: Determine the proper sequence of the procedures to arrive at a certain yoga position.

1. Warrior

- I. Right knee is bent at 90-degree angle
- II. Left leg is bent to a 45-degree angle
- III. Arms are extended to the sides with palms facing down
- IV. And held for 1 minute

A. I-II-III-IV B. IV-III-II-I C. I-III-II-IV D. IV-II-I-III

2. Cobra

- I. From a supine lying position, press the shoulders down and
- II. Slowly raise the upper body
- III. Stretch and feel the tension from the lower back to the neck
- IV. Keep the position for 15-30 seconds.

A. I-II-III-IV B. IV-III-II-I C. I-III-II-IV D. IV-II-I-III

3. Pigeon Pose

- I. From a push-up position, the left leg is brought down while the right knee is bent on the floor
- II. Chest is brought closer to the floor as the arms are extended in front
- III. Hold for 30 seconds or longer.

A. I-II-III B. III-I-II C. II-I-III D. I-III-II

4. Child's Pose

- I. Sit on your heels, lower your chest, and bend forward with chest closer to the knees.
- II. Hold the pose, and breathe.
- III. Let your forehead rest on the flat surface, with arms extended forward.

A. I-III-II B. I-III-II C. III-II-I D. I-II-III

5. Triangle's Pose

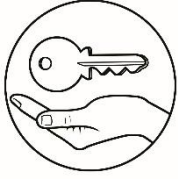
- I. Arms are extended to the sides, bend over the right leg
- II. Hold the position for 5 breaths.
- III. Let the right hand touch the floor while the left hand is extended towards the ceiling.

A. I-III-II B. I-III-II C. III-II-I D. I-II-III

Reminder:

Yoga is considered as an alternative medicine because of its health benefits physically, mentally, emotionally and spiritually. It keeps the body in good posture and helps in blood circulation because of the varied breathing techniques it offers. Considering the appropriate type of yoga to be performed is very important to prevent injuries.

Congratulations for a job well done. Your module ends here. Keep safe!



Answer Key

Assessment

1. A
2. B
3. D
4. B
5. D
6. B
7. A
8. D
9. A
10. C

Lesson 3- What's In

1. A
2. B
3. C
4. D
5. E
6. F

Lesson II Whats In-

1. Hatha
2. Vinyasa
3. Iyengar
4. Bikram
5. Kundalini
6. Ashtanga

What I have Learned

1. Refer to table of Types of Yoga
2. Refer to the table (Positions of yoga)

Lesson 2

What I know- DO not Record

What I can do and Additional Activity- It is the discretion of the teacher as to how many points shall be given to the learner based from the given response/s

Lesson I-Whats IN

1. A
2. C
3. E
4. B
5. D

Assessment

1. D 6. A 11. A
2. D 7. C 12. A
3. D 8. C 13. A
4. D 9. B 14. A
5. D 10. D 15. A

Lesson I

What I know, What's New, What I have Learned and What I can do- It is the discretion of the teacher as to how many points shall be given to the learner based from the given response/s

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