

Team Giants, Wizards, Elves

LEARNING TARGETS:

- **Skill:** I will perform each exercise with control and a focus on form.
- **Cognitive:** I will discuss the relationship between yoga and flexibility.
- **Physical Activity:** I will move my body at different levels.
- **SEL:** I will cooperate with my team using positive language.

TARGET VOCABULARY:

- Compromise, Cooperate, Flexibility, Form, Positive Language, Yoga

EQUIPMENT NEEDED:

- Giants, Wizards, Elves Chart, Yoga Cards

ORGANIZE:

- **Space:** Divide the activity area into 4 quadrants.
- **Students:** Create 8 even teams. 2 teams compete in each quadrant. Number teams 1-8. After each round, odd numbered teams rotate clockwise so that all teams face new opponents.

PROCEDURES:

- **The Object:** Win as many victories as possible in a team battle of Giants, Wizards, and Elves.
- **The Process:** Huddle with your team at opposite ends of your area. As a team, determine what character you will show to the other team: giants, wizards, or elves. Teams line up in the center with their backs facing. Count "1, 2, 3," then turn around and show your character. The winning team gets to select a yoga card. Both teams hold the pose for a 15 count. The team with the most victories wins the overall battle.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Allow students the option to create their own body shape to depict giants, wizards, and elves.
- Provide students will developmentally appropriate alternatives for each yoga pose.

DISCUSSION STARTERS:

- What did cooperation look like for your team as you played Giants, Wizards, and Elves?
- How did your team's ability to compromise affect your ability to make a decision?

