

Work in groups of 4. Watch a short video clip about one physical activity and rearrange these steps to make a complete summary of how to do this physical activity.

1. What is the name of this activity?

- A. Tree pose**
- B. Plank**
- C. Lunges**
- D. Squat**

2. Re-arrange these steps to make a complete summary of how to do this physical activity.

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Push back up to the starting position.

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Slowly lower your body as if you were sitting back into a chair, keeping your weight in your heels.

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Repeat for 2-3 sets of 10 repetitions.

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Stand with your feet shoulder-width apart.