

**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.

Push back up to the starting position.

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

Repeat for 2-3 sets of 10 repetitions.

Stand with your feet shoulder-width apart.