**East Physical Education**

UNIT: Yoga

|  |
| --- |
| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStudents will have an understanding of yoga through a well-rounded practice of essential yoga poses.Students will learn about themselves and the abilities and challenges of their bodies and mind through the self-discovery process.Students will value the importance of yoga for a healthy lifestyleYoga is a lifetime activity that offers multiple benefits for overall health and wellness including aerobic capacity, muscular strength and endurance, flexibility, stress reduction/mental health.Standard 1:Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.Standard 2:Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.Standard 3:Students will understand and be able to manage their personal and community resources. | ***Transfer*** |
|  *Students will independently research and create a workout using yoga poses to increase flexibility, muscular strength and endurance to promote a healthy lifestyle.*  |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that…* The performance and understanding of basic yoga movements will lead to an increase in overall health and wellness.  | ESSENTIAL QUESTIONS **What is the value of flexibility?****What resources in the community are there for Yoga?****How can yoga benefit all areas of health related fitness?****What does the term “stress management” mean to you?****Can student perform a series of poses and create their own yoga routines?****How can skills used in meditation be useful in life?** |
| ***Acquisition*** |
| *Students will know…* The importance of proper posture, balance and body positionThe importance of cooperation and collaboration for success Breathing techniques and skills that support yoga practice | *Students will be skilled at…* * A variety of yoga poses to benefit strength and flexibility with competency and proficiency
* Modifications/extensions appropriate to meet their personal needs.
* Creating a yoga routine to teach the class
 |
| **Stage 2 - Evidence** |
| **Evaluative Criteria** | **Assessment Evidence** |
| Participation/Sportsmanship | PERFORMANCE TASK(S): * Self-Assessment/Reflection of Poses
* Peer assessment of group activity
* Student-led teaching of lesson
 |
| Written AssignmentsQuiz/Reflection Paper | OTHER EVIDENCE:* Daily Grading Rubric
* “Teach a family member” homework
 |
| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

|  |  |  |  |
| --- | --- | --- | --- |
| ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** |
| Intro to Yoga* *What do students know about Yoga?*
* History of Yoga
* Benefits

Review etiquette and personal and social responsibilities.Health/skill Related Fitness ComponentsSalute to the Sun * Poses
* Form
* Modifications
* Breathing Techniques

Discuss/handouts community resources for yoga. Area Gyms, YMCA, rec centers, neighborhood possibilities) | ReviewSalute to the Sun* Adding poses
* Increasing complexity/modifications
* Muscle Identification

Intro Meditation* *What do students know about meditation?*
* Benefits of meditation
* Deep Breathing in lotus pose or ½ lotus
* Visual Imagery

 *Mountain Lake* | Review Salute to the Sun* Add more poses
* Increase complexity/Modifications
* Muscle Identification

Intro to group project* Rubric
* Distribute papers
* Students develop their own sequences in small groups

Meditation* *Progressive Muscular Relaxation*

*Homework – teach your routine to a family member* | Salute to the Sun – warm upGroup Project work* Review Rubric
* Students continue to develop their own sequences

Collect papersStudents lead instruction* Groups teach the class

Meditation* Rainbow Meditation

Closing* Benefits

Opportunity outside of school |

 |
|  |