**East Physical Education**

UNIT: Yoga

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS  Students 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 lifestyle  Yoga 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 position  The 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 Assignments  Quiz/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 Components  Salute to the Sun   * Poses * Form * Modifications * Breathing Techniques   Discuss/handouts community resources for yoga. Area Gyms, YMCA, rec centers, neighborhood possibilities) | Review  Salute 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 up  Group Project work   * Review Rubric * Students continue to develop their own sequences   Collect papers  Students lead instruction   * Groups teach the class   Meditation   * Rainbow Meditation   Closing   * Benefits   Opportunity outside of school | | | |
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