# Yoga

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 2**
Length: **3 weeks**
Status: **Published**

## STANDARDS

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| 2.1.12.PGD.1 | Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. |
| 2.1.12.PGD.2 | Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood. |
| 2.1.12.EH.1 | Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle. |
| 2.1.12.EH.3 | Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness). |
| 2.1.12.CHSS.6 | Evaluate the validity of health information, resources, services, in school, home and in the community. |
| 2.2.12.MSC.1 | Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball). |
| 2.2.12.MSC.2 | Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance. |
| 2.2.12.MSC.3 | Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness). |
| 2.2.12.PF.1 | Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime. |
| 2.2.12.PF.2 | Respect and appreciate all levels of ability and encourage with care during all physical activities. |
| 2.2.12.PF.3 | Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness. |
| 2.2.12.LF.2 | Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures. |
| 2.2.12.LF.3 | Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime. |
| CRP.K-12.CRP3 | Attend to personal health and financial well-being. |

## Enduring Understanding

1. Efficient movements and techniques improve range of motion and flexibility, while providing an opportunity for personal enjoyment, personal challenge, self expression, stress outlet, and social interactions. ***HE.9-12.2.2.12.PF*** *- Physical Fitness - [Core Idea] - Physical and emotional growth often relies*

*on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.*

2. Utilizing breathing techniques will help when students in various ways including those who are feeling stressed or anxious, helping with blood flow and circulation, and being able to hold poses for a longer period of time. ***HE.9-12.2.1.12.EH*** *- Emotional Health [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

3. Positive experiences and decision making regarding fitness attributes to a healthy lifestyle and learning to cope with stress. ***HE.9-12.2.2.12.LF*** *- Lifelong Fitness - [Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*

## Essential Questions

1. How can you apply yoga to your life now and throughout the years?

2. What benefits does yoga have on your life both mentally and physically?

3. How can you apply yoga or meditation concepts during stressful times?

4. What are the benefits of yoga?

5. What does it mean to have a balanced body and how do you get yourself there?

## Knowledge and Skills

Performance expectations are:

- To understand and apply the underlying concepts of Yoga. HE.9-12.2.1.12.PGD.1
- To promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body. HE.9-12.2.2.12.MSC.2
- To cultivate breath control, relaxation techniques and kinesthetic awareness. HE.9-12.2.1.12.PGD.1
- To develop a working knowledge of selected asanas and vinyasa sequences. HE.9-12.2.2.12.LF.2
- To recognize and apply the value and benefits of an on-going yoga practice. HE.9-12.2.2.12.PF.1
- To improve muscular strength, endurance, flexibility, balance, and overall joint mobility. HE.9-12.2.2.12.PF.3
- To learn and develop ways to release tension and stress. HE.9-12.2.2.12.PF.1
- To improve cardiovascular and circulatory health HE.9-12.2.2.12.PF.3
- To develop or improve kinesthetic awareness and control. HE.9-12.2.2.12.MSC.2
- To demonstrate an intermediate working knowledge of yoga positions and yoga theory as well as discuss the benefits associated with yoga. HE.9-12.2.2.12.PF.1

## Transfer Goals

1. Students will be able to enhance range of motion/flexibility.

2. Students will be able to promote an activty for lifelong wellness and helathy lifestyle choices

## Resources

Flip (Formally known as FlipGrid) https://info.flip.com/en-us.html

PE Central https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=223912

Mindfulness and Yoga https://yogaed.com/resources/yoga-physical-education/

## Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

## Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit