



# MS. MIRANDA–YOGA

## Common Core State Standards

- Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.

### In-class Graded Assignments

- Participation

### Homework Graded Assignments

- Yoga Pose

## Objectives and Validation

Objective: Scholars will learn the foundations of yoga.

Measure: Scholars will verbally list the three critical components of yoga. Scholars will be able to do 3 yoga positions.

### Mini-Lesson Topics

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|----------------------|
| Breathing Techniques |
| Body Awareness       |
| 3 Positions          |