



MS. MIRANDA–YOGA

Common Core State Standards

- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- 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.

Objectives and Validation

Objective: Scholars will learn the foundations of yoga.

Measure: Scholars will be able to model 5 yoga positions of their choosing.

In-class Graded Assignments

- Participation
- 5 Yoga position Assessment (pick 5 to show for Thursday’s check-in)

Homework Graded Assignments

- Pose: Sanskrit name, benefits, anatomical focus, and variations

Mini-Lesson Topics

Yoga Standing Routine
Yoga Floor Routine
Yoga General Breathing Tips
Yoga-Beginners-Strength-Flexibility-Relaxation (2 Sessions; AP)