



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.

In-class Graded Assignments

- Participation
- Yoga Routine Sequence

Homework Graded Assignments

- PE: European Philosophy Suggestions

Mini-Lesson Topics

Yoga Standing Routine
Yoga Resources
Routine Planning Day (Wednesday)
Yoga-Beginners-Strength-Flexibility-Relaxation (2 Sessions; AP)

Objectives and Validation

Objective: Scholars will learn a yoga sequence and create their own with a partner.

Measure: Scholars will perform the yoga sequence independently and teach their own sequence to another partner pair.

* See your child’s Developmental Education Plan for one-on-one and small group instruction