



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 about other physical activities practiced in eastern cultures.

Measure: Scholars will collaboratively work with group members to produce a lesson plan and presentation that teaches their peers about other physical activities that are practiced in eastern cultures.

In-class Graded Assignments

- Participation
- Project Plan
- Project Presentation

Homework Graded Assignments

- Yoga Project

Mini-Lesson Topics

Project Presentations	
Project Rehearsal	
Yoga Project Planning	
Yoga-Beginners-Strength-Flexibility-Relaxation	