



# **Yoga, Mindfulness, and Personal Fitness II**

**Course Information**

<b>Grade(s):</b>	12
<b>Discipline/Course:</b>	Physical Education
<b>Course Title:</b>	Yoga, Mindfulness and Personal Fitness II
<b>Prerequisite(s):</b>	Yoga, Mindfulness and Personal Fitness I
<b>Course Description:</b> <i>Program of Studies</i>	This wellness course is for students who wish to continue their practice of a more individual approach to their health and wellness. Areas of focus will be yoga, mindfulness, and other personal fitness topics like fitness walking with a goal of increased flexibility, increased balance, muscular strength, and endurance.
<b>Course Essential Questions:</b>	<ul style="list-style-type: none"> <li>● Motor Skill Performance- What different ways can the body move given a specific purpose?</li> <li>● Applying Concepts and Strategies- How can I move effectively and efficiently?</li> <li>● Physical Activity and Fitness- What can I do to be physically active, and why is this important?</li> <li>● Responsible Behavior- How do I interact with others during physical activity?</li> <li>● Benefits of Physical Activity- How will physical activity help me now and in the future?</li> </ul>
<b>Course Enduring Understandings:</b>	<p><i>Motor Skill Performance-</i> Repetition of proper technique leads to improvement.</p> <p><i>Applying Concepts and Strategies-</i> Cognitive ability can direct one’s motor skill acquisition and performance.</p> <p><i>Physical Activity and Fitness-</i> Physically fit people engage in physical activity on a regular basis.</p> <p><i>Responsible Behavior-</i> Appropriate on-task behavior will enhance learning.</p> <p><i>Benefits of Physical Activity-</i> Acknowledging the value of physical activity promotes lifelong wellness.</p>
<b>Duration:</b>	1 semester; .25 credit

<b>Course Materials/Resources:</b>	Regular Physical Education equipment needed (i.e., mats, music)
<b>FPS Course Academic Expectation(s):</b>	<p><i>Creating and Constructing</i> - Students transfer or extend constructed knowledge to develop ideas, claims, products, or solutions to authentic problems.</p> <p><i>Collaborating Strategically</i> - The student demonstrates awareness, respect, and consideration for self and others while engaging in a shared learning experience.</p>
<b>Year at a Glance (Units)</b>	<p>This course will have two units which include:</p> <p>Unit 1: Introduction to Yoga, Mindfulness, and Fitness II</p> <p>Unit 2: Advanced Yoga Practices and Wellness Plan</p>

### Unit Template

<b>Unit Number and Title:</b>	Unit 1: Introduction to Yoga, Mindfulness, and Fitness II
<b>Duration:</b>	6-8 Weeks
<b>Resource(s):</b>	None
<b>Unit Overview:</b>	The Introductory unit to Yoga, Mindfulness and Personal Fitness II will include personal safety, mat care, appropriate attire and general PE policies related to this course. Principles of yoga as well as the personal benefits students may gain from this unit will be discussed. Students will review foundational skills learned in Yoga, Mindfulness, and Personal Fitness I, as well as new breathing and mindfulness techniques.
<b>Learning Goals</b>	
<b>Standard(s):</b>	<p><u>SHAPE America Standards:</u></p> <p>Standard 1: Motor Skill Performance - The physically literate individual demonstrates competence in a variety of skills and movement patterns.</p> <p>Standard 2: Applying Concepts and Strategies - The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement of performance.</p> <p>Standard 3: Physical Activity and Fitness - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: Responsible Behavior - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>

	Standard 5: Benefits of Physical Activity - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
<b>Essential Question(s):</b>	How can participating in yoga and mindfulness activities have a positive impact on my physical and mental health?
<b>Enduring Understanding(s):</b>	Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.  Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.
<b>Learning Goal(s):</b> <i>Students will be able to use their learning to:</i> (Content/ Skills)	<ul style="list-style-type: none"> <li>● Review of Foundations of Yoga (e.g., safety, attire, practices)*</li> <li>● Yoga Breathing Techniques (e.g., Even breathing, Four square breathing)</li> <li>● Mindfulness Techniques (e.g., gratitude journaling)</li> </ul> <p><i>*These poses will be introduced once prerequisite skills have been mastered and a full discussion of safety has been completed. <b>Variations</b> are always introduced as we progress</i></p>

### Unit Template

<b>Unit Number and Title:</b>	Unit 2: Advanced Yoga Practices and Wellness Plan
<b>Duration:</b>	8-10 Weeks
<b>Resource(s):</b>	None
<b>Unit Overview:</b>	In the second unit of Yoga, Mindfulness, and Personal Fitness II, students will engage with advanced Yoga techniques and poses, build muscular strength and endurance, and learn and create new mindfulness activities for themselves and the school community.
<b>Learning Goals</b>	
<b>Standard(s):</b>	<p><u>SHAPE America Standards:</u></p> <p>Standard 1: Motor Skill Performance - The physically literate individual demonstrates competence in a variety of skills and movement patterns.</p> <p>Standard 2: Applying Concepts and Strategies - The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement of performance.</p> <p>Standard 3: Physical Activity and Fitness - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4: Responsible Behavior - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Standard 5: Benefits of Physical Activity - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
<b>Essential Question(s):</b>	How can participating in yoga and mindfulness activities have a positive impact on my physical and

	<p>mental health?</p> <p>How can the use of advanced yoga practices increase my physical health and positively impact my wellness?</p> <p>How can I make a plan to reduce my anxiety through yoga, mindfulness and personal activity?</p>
<b>Enduring Understanding(s):</b>	<p>Physical Activity and Fitness- Physically fit people engage in physical activity on a regular basis.</p> <p>Benefits of Physical Activity- Acknowledging the value of physical activity promotes lifelong wellness.</p>
<b>Learning Goal(s):</b> <i>Students will be able to use their learning to:</i> (Content/ Skills)	<ul style="list-style-type: none"> <li>● Advanced Yoga Poses (e.g., Flying Crow Pose, Sideways Crow, Half Lotus Toe Balance) **</li> <li>● Muscular Strength and Endurance (e.g., fitness walking, fitness boxing, and strength building)</li> <li>● Mindfulness Activities for the Community (e.g., community bulletin boards)</li> <li>● Personal Mindfulness Action Plan (e.g., Mindfulness Toolkit)</li> </ul> <p><i>**These poses will be introduced once prerequisite skills have been mastered and a full discussion of safety has been completed. <b>Variations</b> are always introduced as we progress.</i></p>