North Polk Community Schools Pacing & Course Description Guide

Grade Level: 9-12	Content: Yoga/Mindfulness	Year: 2022-2023

Course Description/Rationale

This class will focus on strategies that students can use to help maintain and improve their overall health by participating in yoga, pilates, PIYO, core balance/stability exercises, foam rolling, walking, and mindfulness activities. It is designed to introduce students, safely, to the basic postures, breathing techniques, and relaxation methods of yoga and other activities. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day to-day life; striving to attain an overall good quality of life. Assessment will include but not limited to student taught workouts/exercises, self-reflection, journaling, and goal setting.

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Benefits of Yoga (Asana, Pranayama, Mudras, Yoga Nidra,etc.)	All semester	Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1) Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)--yoga poses	**Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.** ● **S5.H1 Health** **Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness** ● **S3.H9 Fitness knowledge**
Create a Yoga Sequence	All Semester	Level 2 - Demonstrates competency in a form of dance by choreographing a dance or by giving a performance.--- (S1.H2.L2) Level 1 - Apples the terminology associated with exercise and participation in selected individual-performance activities,--yoga postures(S2.H1.L1)--	**Standard 1 Demonstrates competency in a variety of motor skills and movement patterns.** ● **S1.H2 Dance and Rhythms**

			Standard 2 Applies Knowledge of concepts, principles, strategies and tactics related to movement and performance ● **S2.H1 Movement concepts, principles & knowledge**
Stress Management	All Semester	Level 1 - Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L1) Level 2 - Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness** ● **S3.H14 Stress management**
Student Engagement Points	All Semester	*Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.* *Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protections).* *Uses communication skills and strategies that promote team/group dynamics.* *AND* *Solves problems and thinks critically in physical activity, both as an individual and in groups.* *Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.* *Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment.* *Plicker Participation*	***Respect*** *(S4.H2.L1)* ***Safety*** *(S4.H5.L1)* ***Communication & Problem Solving*** *(S4.H4.L1)* *(S4.H3.L1)* ***Self-Motivation/ Engagement*** *(S5.H3.L1)*