



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Yoga Grade Level(s): 9-12 Units of Credit: .5 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 40 minutes Total Instructional Time: 60 hours
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Course Description

This coeducational course offers a combination of flexibility, strength, balance, breathing, and mindfulness training through various Yoga practices. Activities may include Vinyasa Yoga, Power Yoga, Bikram Yoga, Slow Flow / Yin Yoga, PiYo (Pilates/Yoga to music) and Meditation. In addition, students may work in partnership with local fitness facilities to attend a Yoga class outside of SGHS. Students will also learn to create and lead their own series of yoga postures. The purpose of this class is to expose students to the various types of Yoga and its many physical and mental health benefits. Yoga is a great way to stay physically and mentally healthy throughout your entire life.

Instructional Strategies, Learning Practices, Activities, and Experiences

Bell Ringers Checks for Understanding Dynamic Warm-Up	Cardio Activities Muscle Toning Activities Flexibility and Balance Activities	Cooperative Learning Experiential Learning Fitness Technology
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Assessments

Practical and Written Assessments Article Reviews	Creation of Choreographed Yoga Routine Student Led, Pre-Choreographed Routine	Fitness Technology Evaluation of a Local Yoga Class
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Materials/Resources

Manduka Yoga Mats PiYo Music and Choreography Yoga / Relaxation Music	Yoga Blocks Yoga Straps Yoga Videos	Pool and Pool Deck Internet Free/Discounted Guest Passes from Local Fitness Facilities
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Adopted: 5/23/22

Revised:

Vinyasa Yoga	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Vinyasa yoga practice connects individual poses or “asanas” with deep breaths or “pranayama” in a series of flowing sequences of movement. Standing, seated and supine poses, twists, balancing postures, forward folds, inversions, back bends, and targeted core strengthening moves are used. Most classes will incorporate a guided meditation, chanting, or breathwork. All classes end in a state of utter relaxation in Corpse Pose or “Savasana.”</p> <p><u>Yoga Class Format</u></p> <ol style="list-style-type: none"> 1. Centering activity 2. Warm-up 3. Sun Salutation Series 4. Asanas (postures) 5. Savasana/Corpse Pose with a closing reading <p>Modifications provided for varying ability levels</p> <p>Key Concepts</p> <ul style="list-style-type: none"> ● Health Benefits of yoga ● Pranayama Breathing ● Balance, Flexibility, and Strength Training ● Meditation / Relaxation techniques ● Mind / Body / Spirit Connection <p><u>Related Vocabulary</u></p> <p>Sun Salutation Postures / Asanas Warrior I, II, and III Progression Mountain Pose Namaste Crow Shoulder Stand Plow</p>	<ul style="list-style-type: none"> ● 10.1.12 B. Evaluate factors that impact the body systems and apply protective/preventive strategies. ● 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals. ● 10.3.12 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. ● 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. ● 10.4.12 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. ● 10.4.12 D. Evaluate factors that affect physical activity and exercise preferences of adults-personal challenge, physical benefits, finances, motivation, access to activity, self-improvement ● 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. ● 10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities. ● 10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

Power Yoga	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Power yoga is a fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures.</p> <p>Key Concepts</p> <ul style="list-style-type: none"> ● Strength Training ● Flexibility Training ● Cardiovascular endurance ● Asanas / Postures ● Pranayama Breathing <p>Modifications provided for varying ability levels</p> <p><u>Related Vocabulary</u> Ashtanga Yoga Power Vinyasa Yoga</p>	<ul style="list-style-type: none"> ● 10.1.12 B. Evaluate factors that impact the body systems and apply protective/preventive strategies. ● 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals. ● 10.3.12 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. ● 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. ● 10.4.12 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. ● 10.4.12 D. Evaluate factors that affect physical activity and exercise preferences of adults-personal challenge, physical benefits, finances, motivation, access to activity, self-improvement. ● 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. ● 10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities. ● 10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

Bikram Yoga	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Bikram Yoga utilizes 26 specific yoga postures to build strength and flexibility.</p> <ol style="list-style-type: none"> 1. Ardha-Chandrasana (Half Moon Pose) 2. Pada-Hasthasana (Hands to Feet Pose) 3. Utkatasana (Awkward Pose) 4. Garurasana (Eagle Pose) 5. Dandayamana-Janushirasana (Standing Head to Knee Pose) 6. Dandayamana-Dhanurasana (Standing Bow Pose) 7. Tuladandasana (Balancing Stick Pose) 8. Dandayamana-Bibhaktapada-Paschimotthanasana (Standing Separate Leg Stretching Pose) 9. Trikanasana (Triangle Pose) 10. Dandayamana-Bibhaktapada-Janushirasana (Standing Separate Leg Head to Knee Pose) 11. Tadasana (Tree Pose) 12. Padangustasana (Toe Stand Pose) 13. Savasana (Dead Body Pose) 14. Pavanamuktasana (Wind-Removing Pose) 15. Bhujangasana (Cobra Pose) 16. Salabhasana (Locust Pose) 17. Poorna-Salabhasana (Full Locust Pose) 18. Dhanurasana (Bow Pose) 19. Supta-Vajrasana (Fixed Firm Pose) 20. Ardha-Kurmasana (Half Tortoise Pose) 21. Ustrasana (Camel Pose) 22. Sasangasana (Rabbit Pose) 23. Janushirasana (Head to Knee Pose) 24. Paschimotthanasana (Stretching Pose) 25. Ardha-Matsyendrasana (Spine-Twisting Pose) 26. Kapalbhati in Vajrasana (Blowing in Firm Pose) 	<ul style="list-style-type: none"> ● 10.1.12 B. Evaluate factors that impact the body systems and apply protective/preventive strategies. ● 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals. ● 10.3.12 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. ● 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. ● 10.4.12 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. ● 10.4.12 D. Evaluate factors that affect physical activity and exercise preferences of adults-personal challenge, physical benefits, finances, motivation, access to activity, self-improvement. ● 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. ● 10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities. ● 10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

<p>Slow Flow / Yin Yoga</p>	
<p>CONTENT/KEY CONCEPTS</p>	<p>OBJECTIVES/STANDARDS</p>
<p>Slow Flow / Yin Yoga is a slower, strength building form of yoga movement that will be anchored by longer held and prop supported deep and passive yoga poses.</p> <p>Key Concepts</p> <ul style="list-style-type: none"> ● Health benefits of yoga ● Pranayama breathing ● Asanas ● Meditation ● Guided visualization <p>Modifications provided for varying ability levels</p> <p><u>Related Vocabulary</u> Sun Salutation Postures / Asanas Flexibility Balance Hatha Yoga Warrior I, II, and III Progression Mountain Pose Namaste Yoga Blocks Yoga Straps</p>	<ul style="list-style-type: none"> ● 10.1.12 B. Evaluate factors that impact the body systems and apply protective/preventive strategies. ● 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals. ● 10.3.12 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. ● 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. ● 10.4.12 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. ● 10.4.12 D. Evaluate factors that affect physical activity and exercise preferences of adults-personal challenge, physical benefits, finances, motivation, access to activity, self-improvement. ● 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. ● 10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities. ● 10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

PiYo	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga.</p> <p>PiYo Class format</p> <ul style="list-style-type: none"> -Warm-up -Heat Building -Lower Body -Full-Body Fusion -Power -Flow -Core and More -Stretch and Strength -Cooldown <p>Modifications provided for varying ability levels</p> <p><u>Related Vocabulary</u></p> <ul style="list-style-type: none"> Pilates Yoga Low impact High intensity Sun Salutation Triceps Push-up Downward Facing Dog Crouching Downward Facing Dog Chaturanga Upward Facing Dog Plank Sumo Squat PiYo Push-up Flight PiYo Cross Crescent Knee 	<ul style="list-style-type: none"> ● 10.1.12 B. Evaluate factors that impact the body systems and apply protective/preventive strategies. ● 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals. ● 10.3.12 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. ● 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. ● 10.4.12 B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. ● 10.4.12 D. Evaluate factors that affect physical activity and exercise preferences of adults-personal challenge, physical benefits, finances, motivation, access to activity, self-improvement. ● 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. ● 10.4.12 F. Assess and use strategies for enhancing adult group interaction in physical activities. ● 10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

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<p><u>Related Vocabulary (continued)</u> PiYo Flip Half Moon Warrior I, II, and III Reverse Warrior Triangle Beast Climbing Beast Forward Fold Half Lift 3 Point Balance Bowler's Lunge Travelling Bowler Supported Bowler Child's Pose Thread the Needle C-Curve Pistol Crunch Pigeon Mermaid Piyobra</p>	