



Collegial Circle Final Report

Please type in the information on this form, print it and send it to the Teacher Center along with the Collegial Circle copies in the check list below. Also, attach it to an email to Catherine Thomas to share in the Teacher Center's online Collegial Circle Archive. Thank you for being a part in the effort to improve teaching and learning for our students.

COLLEGIAL CIRCLE INFORMATION

Title of Circle: **The Application of Yoga Pose Cards into everyday lessons at the Secondary Level** Standards Area: **Physical Education**

Facilitator: **Heidi Rasmussen** School(s): **Mendon High School**

Beginning Date: **6/15/15** Ending Date: **5/15/16** # of Hours: **12**

Participants (list): **Heidi Rasmussen, Kerry Thompson, Brian Tripp, Fred Ricci, Craig Northrup**

Please attach copies of the following to this report:

- ✓ Collegial Circle Attendance Log (required for payment)
- ✓ Collegial Circle Meeting Log
- ✓ Log of Strategies Implemented
- ✓ Samples of implementation strategies or student work samples if applicable
- ✓ Collegial Circle Reflection Sheets (each member fills one out)

COLLEGIAL CIRCLE DESCRIPTION

(Type your answer in the grey box below the question. The size of the box will adjust to the length of your answer.)

What were the anticipated objectives of this Circle?

The Application of Yoga Pose Cards into Everyday Lessons at the Secondary Level

1. Create Yoga Pose Cards
2. Gain a Greater Understanding of the Selected Yoga Poses
3. Create daily lesson plans that utilize the Yoga Pose Cards

What grade level(s) and or subject area(s) would benefit from this Circle?

Grade Level: 9-12th

Subject Area: physical education

Who would benefit: All secondary PE teachers

FINAL REFLECTIONS

(Type your answer in the grey box below the question.)

Was the outcome/goal of this Collegial Circle met? Explain.

The Application of Yoga Pose Cards into Everyday Lessons at the Secondary Level

1. Yoga pose cards were created but additional editing is needed. A rough draft of the yoga pose cards was created and implemented during the strength and conditioning unit with the 11/12th grade girl's classes. After implementation it was evident that additional editing was needed to improve delivery of instruction and effectiveness of the lesson.
2. Developing a format for the yoga pose cards took more time than anticipated which limited the amount time spent on developing a greater understanding for the selected yoga poses. As we edit the yoga pose cards to improve their clarity and effectiveness we will gain a greater understanding of the poses selected.
3. A lesson plan that utilizes three different styles of yoga pose cards was created. Through implementation of the lesson plan we were able to collect both student and teacher reflections which allowed the group to make the appropriate adjustments to the lesson and improve its quality.

How did the Collegial Circle assess whether the outcome was met?

Our group knew that the collegial circle outcomes were met through our successful implementation of the lesson plan with the 11/12th grade girls classes.

How did your work impact teaching/learning? Include student work samples, lesson plans, peer reviews, etc.

Our understanding of technical reading and writing strategies help to guide the development and implementation of the yoga pose card lesson.

Student surveys were created and administered at the end of each lesson implemented. The data collected was analysed and used to make the appropriate adjustments to yoga cards. (All documents and examples of student work are attached with agenda's for each meeting)

Comments/additional information to share.