

*Thunder*

Physical Education

**YOGA**

**PE 3-8**

**HEALTH**

**PE CLASS OPTIONS**

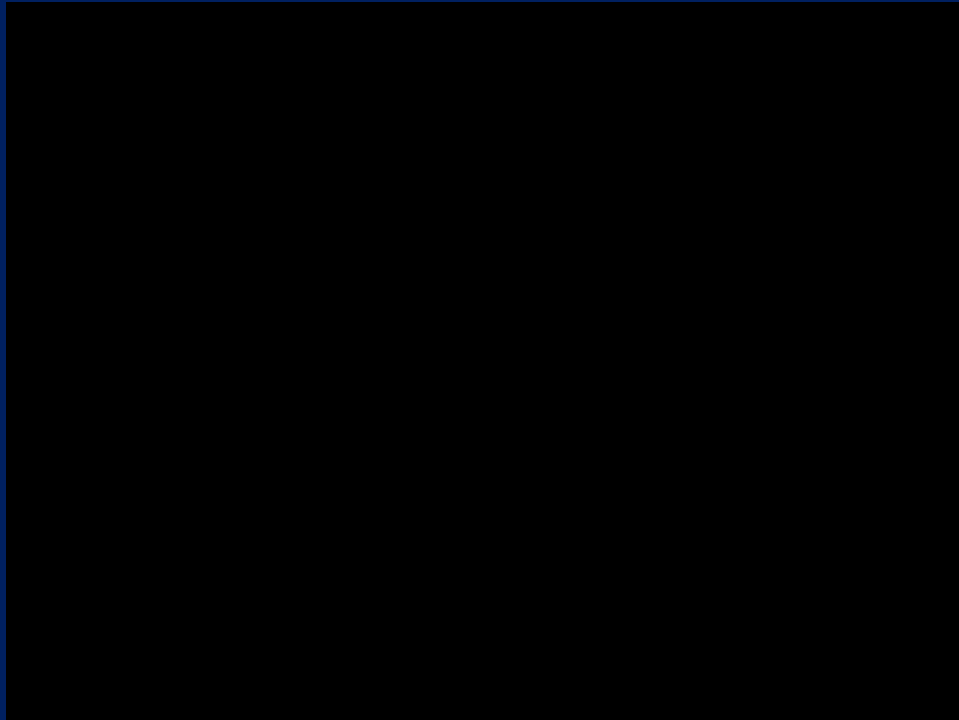
**DANCE**

**Sports Strength &  
Performance**

# DANCE



- *Choreography*
- *Performances*
- *Flexibility*
- *Technique*
- *Balance*



JAZZ

CONTEMPORARY

HIP-HOP

CHARACTER

*Creativity!*

*Meaningful friendships!*

*Fun!*

# HEALTH

Health class will include information from the following units:

- Making Healthy Decisions
- Environmental Health
- Nutrition
- Social Health/ Life Skills
- Mental Health
- Safety, First Aid, Hands-Only CPR
- Physical Fitness
- Disease Prevention
- Human Sexuality
- Substance Abuse

This course focuses on health education that contributes to a healthy self for daily life. This course introduces methods and strategies to obtain physical, mental/emotional, and social health and provides opportunities for students to practice and obtain an overall healthy self.



LIFETIME SPORTS/ACTIVITIES

DEVELOP FLEXIBILITY, MOBILITY, SPORT SKILLS

# PE 3-8

MENTAL & SOCIAL WELLNESS

PHYSICAL FITNESS/ STRENGTH & CONDITIONING

# Sports, Strength &

Flexibility

Olympic  
Lifts

Strength



Speed

POWER

Mobilities

# Registration Codes – For PE Classes

Z—Cross Country/Track (0 hour)

1—Football

2—Volleyball

3—Badminton, Golf, Hockey, Lacrosse,  
Swim & Dive, Tennis, and Wrestling

4—Basketball (girls)

5—Basketball (boys)

6—Soccer

7—Baseball / Softball / GOLF

# WEIGHT TRAINING 1-2 / 3-4

This course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness.

- Students will benefit from comprehensive weight training and cardiorespiratory endurance activities.
- Students will learn the basic fundamentals of weight training, strength training, aerobic training, and overall fitness training and conditioning.
- Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.





**Amanda Goe's  
YogaAlliance Registered Yoga School:  
Eternal Health & Wellness  
at Desert Vista High School**



# Year 1: Yoga for Fitness [P.E. Credit]

## Areas of Emphasis:

### Patañjali's first 6 limbs of yoga

- Social Ethics
- Personal Ethics
- Breathing Techniques
- Physical Postures
- Sense control/awareness  
and mindfulness
- Meditation, contemplation, visualization,  
mental health techniques

### Fitness Training and Testing

### Nutrition



## Year 2, YTT OR Elective: Yoga Philosophy



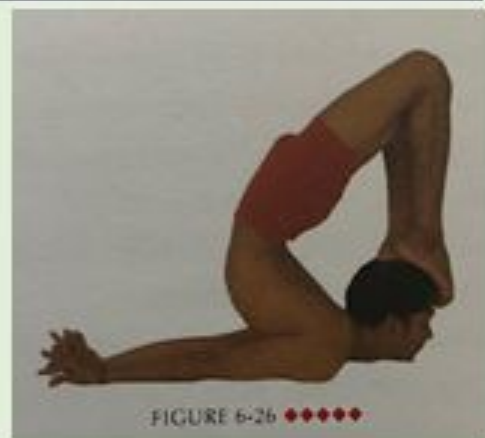
### Areas of Emphasis:

- History of Yoga
- Comparative Philosophies
- Ethics and Business of yoga
- Sanskrit - सन्स्क्रित्
- Ayurveda - आयुर्वेद
- All 8 Limbs of Patañjali's yoga
- Energetic Anatomy
- Traditional Japanese Reiki
- Yoga Sūtras & the Bhagavad Gītā
- First Aid, CPR, & AED Certification

# Year 3 YTT OR Elective: Advanced Āsana

## Areas of Emphasis:

- Physical Body Systems
- Anatomy
- Physiology
- Biomechanics
- Polyvagal Theory
- All 8 Limbs of Patañjali's yoga
- Teaching Methodology
- Professional Development
- YTT Practicums



# Year 4 OR Elective after Philosophy: Honors Advanced Study

Students will choose an emphasis and follow that individualized curriculum path:

1. Sanskrit – सन्स्क्रित्
2. Vinyasa Krama Āsana – विन्यस क्रम आसन
3. Comparative Philosophies

ध्यायतो विषयान्पुंसः  
सङ्गस्तेषूपजायते ।  
सङ्गात्संजायते कामः  
कामात्क्रोधोऽभिजायते ॥६२॥

dhyāyato viṣayān puṁsah  
saṅgas teṣūpajāyate  
saṅgāt saṁjāyate kāmah  
kāmat krodho 'bhijāyate (62)



# Additional Informational Links for Yoga

- <https://youtu.be/sFQX6aFSg90>
- [https://youtu.be/kGw\\_2q1tlf0](https://youtu.be/kGw_2q1tlf0)
- <https://www.blog.swiha.edu/amanda-goe-spreading-yoga-to-high-schoolers>
- [https://www.ahwatukee.com/news/article\\_5107e1e0-91c3-11e8-b42f-5fa4e4e1db47.html](https://www.ahwatukee.com/news/article_5107e1e0-91c3-11e8-b42f-5fa4e4e1db47.html)
- [https://www.youtube.com/watch?v=TeP6VVLp4y8&ab\\_channel=ChamberBusinessNews](https://www.youtube.com/watch?v=TeP6VVLp4y8&ab_channel=ChamberBusinessNews)

# PE CLASS OPTIONS

<u>Physical Education</u>	<u>DANCE</u>	<u>Sports &amp; Strength Performance</u> <u>-PED120A/B</u>	<u>Yoga</u>
<p>PED110 Physical Ed. 3-8 (CO-ED)</p>	<p>PED200 Beginning Dance (PE Credit)</p>	<p>Z—Cross Country/Track (0 Hr)</p>	<p><u>PED400</u> Yoga &amp; Fitness (PE Credit)</p>
<p>PED200 Beginning Dance (PE Credit)</p>	<p><u>Advanced Dance</u> PED220A/B</p>	<p>1—Football 2—Volleyball</p>	<p><u>PED410</u> Advanced Yoga &amp; Fitness</p>
<p>PED210 Intermediate Dance</p>	<p>3—Blue <u>Dance Performance</u> PED230A/B</p>	<p>3—Badminton, Hockey, Lacrosse, Swim &amp; Dive, Tennis, and Wrestling</p>	<p>(Elective Credit Only)</p>
<p>PED150 Weight Training 1-2</p>	<p>1—Elite Company 2—Senior Company 3—Junior Company</p>	<p>4—Basketball (girls) 5—Basketball (boys) 6—Soccer 7—Baseball / Softball/ GOLF</p>	<p>__1—Philosophy __2—Asana</p>

# Credit Information

In order to graduate from the Tempe Union High School District, a student must have successfully earned twenty-three (23) credits in the areas listed below.

- English (AZ state proficiency required) 4.0 credits
- Mathematics (AZ state proficiency required) 4.0 credits
- Science (minimum of 1.0 Life & 1.0 Physical Sciences) 3.0 credits
- World History & Geography 1.0 credit
- American/Arizona History 1.0 credit
- U.S./Arizona Government 0.5 credit Economics 0.5 credit
- Health Education 0.5 credit Physical Education\* 1.0 credit
- Fine Arts/Practical Arts/Vocational Education (CTE) 1.0 credit
- Fine Arts/Vocational Education (CTE) 1.0 credit
- Electives 5.5 credits
- Total 23.0 credits to Graduate



**HOME OF THE THUNDER** 

Physical Education	1 Credit Required
Health	.5 Credit Required
Elective	5.5 Credit Required