
Coal City Unit District #1
Yoga Dynamics
Physical Education Curriculum

- PE.YD:1** **Students will evaluate their understanding and competency in motor skills, movements patterns, and strategies needed to perform a variety of physical activities. (IL 19A, 19 B)**
- PE.YD:1-1 Demonstrate proper yoga breathing exercises, postures, and relaxation techniques to support health and wellness.
- PE.YD:1-2 Identify warm up, cool down, sun salutation, and basic yoga poses.
- PE.YD:1-3 Develop a yoga sequence using correct terminology, posture, and form.
- PE.YD:2** **Students will demonstrate knowledge and maintain a health enhancing level of physical fitness through participation in yoga and mindfulness activities. (IL 20 A, 23B)**
- PE.YD:2-1 Demonstrate knowledge and importance of target heart rate zones with and without the use of heart rate monitors.
- PE.YD:2-2 Identify long and short term benefits of moderate to vigorous exercise in various yoga styles on health and fitness.
- PE.YD:2-3 Identify a variety of fitness and yoga vocabulary terms.
- PE.YD:2-4 Explain the importance of stretching before and after physical activity.
- PE.YD:3** **Students will design individual short and long term goals through the use of fitness assessments. (IL 20A, 20B, 20C)**
- PE.YD:3-1 Describe the 5-health related fitness components and exercises that pertain to each component.
- PE.YD:3-2 Analyze and apply the FITT principle to individual fitness plans.
- PE.YD:3-3 Evaluate progress using self-assessment and self reflection tools.
- PE.YD:3-4 Practice goal setting by working up to challenging yoga poses and through participation of fitness assessments.

PE.YD:4 **Students will determine how participation in yoga and physical activity impacts physical, mental, emotional, and social health. (IL 23D, 24A)**

- PE.YD:4-1 Explain how yoga relates to positive relationships with one's self, family, and community.
- PE.YD:4-2 Demonstrate ability to use breathing exercises and yoga postures to self regulate.
- PE.YD:4-3 Explain the importance of a strong sense of self and personal values.
- PE.YD:4-4 Illustrate how external factors can influence healthy and unhealthy behaviors.
- PE.YD:4-5 Describe how brain function can be improved through yoga.