



Yoga for Fitness and Wellbeing

Approved by KSD Board of Education: February 23, 2026

Course Description:

This course offers students an opportunity to reduce stress and enhance strength, balance, flexibility, injury prevention, and self-confidence through the practice of yoga. Students will explore basic yoga poses and experiment with various styles. Along the way, they will reflect on their learning, set personal goals, and engage in classes focused on poses, sequencing, and individual practice. Emphasis is placed on self-calming techniques that can be applied both on and off the mat. This course is designed to be accessible to all fitness levels.

Grade Level: 9th-12th

Unit Scope and Sequence

Unit 1: Personal Fitness Through Yoga

Unit 2: Stress Management Techniques and Personal Wellbeing

Unit 3: Interpersonal Relationships and Community Building

Course Enduring Understandings:

- Yoga is a life-long practice that encourages physical activity and supports fitness and overall health.
- Yoga enhances a person's mental, emotional, physical, and social well-being.
- Breathwork and yoga are valuable tools to help manage stress.
- Yoga fosters habits that help improve everyday life.
- Yoga encourages compassion, balance, and connectedness within a community.

Course Essential Questions:

- How can I use yoga to improve my fitness, health, and wellbeing?
- How can yoga help me manage my stress?
- How does the way I think about and talk about myself affect my wellbeing?
- How does the way I think affect those around me?
- How can I apply the concepts of yoga to improve my everyday life?
- How does identifying and expressing gratitude and appreciation affect my wellbeing?

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Unit 1: Personal Fitness Through Yoga

In this unit, students will explore yoga as a practice to enhance overall fitness and wellbeing. They will develop strength, flexibility, balance, and body awareness through poses and movement. Students will learn the fundamentals of yoga, basic muscular and skeletal anatomy, and a variety of yoga styles. Breathing, mindfulness, and meditation techniques will be used to support focus, relaxation, and the connection between mind and body.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Yoga develops physical and mental awareness that supports overall wellbeing. - Yoga increases flexibility, strength, and cardiovascular health, promoting long term fitness. - Yoga fosters mind-body connection, improving balance, posture, and body awareness.	- How can yoga be used to increase my overall fitness and wellbeing? - What are the differences between yoga styles? - How does breathing and mindfulness enhance my yoga practice?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Basic muscular and skeletal anatomy - There are different styles of yoga - Breathing techniques - Mindfulness and mediation techniques	- Perform a variety of yoga poses. - Demonstrate proper alignment and execution of yoga poses. - Identify different yoga styles. - Identify the connection between mind and body. - Demonstrate controlled breathing and practice breathing techniques. - Execute various mindfulness and meditation techniques.

Missouri (MO SHAPE) Learning Standards

Priority Standard: Develops a variety of motor skills. (1)

Supporting Standards:

- Demonstrates appropriate technique in flexibility training. (1.12.7)

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Unit 2: Stress Management Techniques and Personal Wellbeing

Students will explore how yoga, breathing, mindfulness, and meditation techniques can support overall wellbeing. They will identify internal and external factors that impact stress and practice strategies to deflect distractions while strengthening the mind-body connection. Students will learn stress management techniques they can use in and outside of class.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Yoga can help me manage my stress and improve my wellbeing. - Utilizing breathing, mindfulness, and meditation techniques help to reduce my stress.	- How can practicing yoga benefit my wellbeing? - How can breathing and mindfulness techniques help me manage my stress?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Breathing techniques - Mindfulness techniques - Meditation techniques - Potential distractions - Internal factors of stress - External factors of stress	- Identify the connection between mind and body. - Demonstrate controlled breathing and practice breathing techniques. - Identify ways to deflect distractions. - Execute various mindfulness and meditation techniques. - Reflect on personal growth. - Identify things they can and cannot control.

Missouri Learning Standards
Priority Standard: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. (4) Supporting Standards 4.12.3 Identifies and participates in physical activity that positively affects health. 4.12.9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

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Unit 3: Interpersonal Relationships and Community Building

This unit helps students understand how their behaviors and responses impact others and how they can take ownership of those actions. Students explore mindfulness, empathy, inclusion, and gratitude, and how that can contribute to a compassionate and inclusive environment.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
• My response affects others. • I can be in control of my responses. • Expressing gratitude and showing appreciation improves myself and promotes a positive community.	• How do my behaviors affect others around me? • How can what I learn in yoga translate into my personal life? • How can I show and express gratitude and appreciation in my everyday life?
<i>Students must know:</i>	<i>Students must be able to:</i>
• Gratitude • Appreciation • Empathy • Inclusion	• Participate in team/community building activities. • Demonstrate how gratitude, appreciation, empathy, and inclusion impact themselves and others.

Missouri Learning Standards
Priority Standard: Develops social skills through movement. (3) Supporting Standards • 3.12.1 Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.