Murray High School Curriculum Map Beginning Yoga 04020000040



Strands (include state Month **Standards** Assessment core numbers) Otr. 1 - Disclosures, locker handout, Strand 1: Students will - Informal Quiz – History & achieve a level of Benefits of Yoga procedures competency in motor skills and movement patterns. - Visual Assessment – Daily **STRAND 1, 2, 3, 4, 5** - History of Yoga & Benefits breathing practices/mindful Standard Yoga.1.1, Yoga.1.2, breathing Yoga.1.3, Yoga.1.4, Yoga.1.5 STRAND 1, 2, 3 - Breathing Practices & - Visual Assessment - Different Mindfulness Poses taught Strand 2: Students will apply knowledge to attain STRAND 1, 2, 3, 4 - Quiz on Poses – Students must efficient movement and **Beginning Poses** demonstrate poses, when asked performance. Yoga.2.1, Yoga.2.2, - Visual Assessment – Practicing STRAND 1, 2, 3, 4, 5 Yoga.2.3, Yoga.2.4, Flows flows on daily (class time) basis Yoga.2.5, Yoga.2.6, Yoga.2.7 - Visual Assessment -**STRAND 1, 2, 3, 4, 5** Meditation Observation of meditation Strand 3: Students will practices in class understand the components August necessary to maintain a Final Assessment – October healthy level of fitness to Demonstrate proficiency in poses support physical activity. & flows Yoga.3.1, Yoga.3.2, Yoga.3.3, Yoga.3.4, Yoga.3.5 Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. Yoga.4.1, Yoga.4.2, Yoga.4.3 Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate

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		social skills with friends and	
		family.	
		Yoga.5.1, Yoga.5.2, Yoga.5.4 Qtr. 2	
	STRAND 1, 2, 3	Strand 1: Students will	- Visual Assessment – Daily
	- Breathing Practices & Mindfulness	achieve a level of competency in motor skills and movement patterns.	breathing practices/mindful breathing
	STRAND 1, 2, 3, 4 - Intermediate Poses	Standard Yoga.1.1, Yoga.1.2, Yoga.1.3, Yoga.1.4, Yoga.1.5	 Visual Assessment – Different Poses taught
	STRAND 1, 2, 3, 4, 5 - Flows	Strand 2: Students will apply knowledge to attain efficient movement and performance.	- Quiz on Poses – Students must demonstrate poses, when asked
	STRAND 1, 2, 3, 4, 5 - Meditation		- Visual Assessment – Practicing flows on daily (class time) basis
		Yoga.2.1, Yoga.2.2, Yoga.2.3, Yoga.2.4, Yoga.2.5, Yoga.2.6, Yoga.2.7	- Visual Assessment – Observation of meditation practices in class
		Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.	- Final Assessment – Demonstrate proficiency in poses & flows
		Yoga.3.1, Yoga.3.2, Yoga.3.3, Yoga.3.4, Yoga.3.5	
		Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.	
		<i>Yoga.4.1, Yoga.4.2, Yoga.4.3</i> Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.	

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		Yoga.5.1, Yoga.5.2, Yoga.5.4			
Qtr. 3					
January - March	See Quarter 1 (same)				
Qtr. 4					
April - June	See Quarter 2 (same)				