

Beginning Yoga

04020000040

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

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

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