

Curriculum Units and Learning Outcomes

Content Area: Wellness 9/10 - Activity	Grade Level: 9/10
Unit Title: Yoga	
Unit Summary: Students will practice basic yoga poses and breathing techniques while experiencing the many physical and mental health benefits.	
SHAPE America National Physical Education Standards: • Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. • Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. • Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. • Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others. • Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
Massachusetts Curriculum Frameworks	
Standard 2: Physical Activity and Fitness Students will, by repeated practice, acquire and refine a variety of manipulative, locomotor, and non-locomotor movement skills, and will utilize principles of training and conditioning, will learn biomechanics and exercise physiology, and will apply the concept of wellness to their lives	
CASEL Core Competencies:	
Self Awareness	
Self Management	
Social Awareness	

Enduring Understandings: Students will understand that:

- There are many different styles of Yoga
- There are many modifications that can be made to yoga practice which allows most people to be able to benefit from participation
- There are multiple physical and mental health benefits to practicing yoga
- Proper form for yoga poses (asanas)
- Proper breathing techniques associated with yoga
- Yoga is often used to help reduce stress levels

Essential Questions:

- How does yoga benefit mental health?
- How can yoga benefit the physical body?
- What are some resources for continuing a yoga practice?

Students will demonstrate KNOWLEDGE of:

- Safety practices while doing yoga
- Basic poses and modifications
- How to use the breath in conjunction with physical movements

Students will be SKILLED at:

- Two or more basic poses
- Modifying two poses that they find challenging

Estimated Duration: 2 Classes