

RYE NECK SCHOOL DISTRICT

SCOPE AND SEQUENCE

Subject/Grade: Physical Education/HS

Unit: Yoga

Unit Length: 4 Weeks

NYS Standard	Unit Topic	Assessments	Activity/Text/Assignment	Academic Vocabulary
	Yoga	Observation of skill/pose development Class Participation Class Preparation Evaluation of social skills Development of Individual Yoga Sequence	• Demonstrate understanding and competency in using controlled movement to begin, maintain, and end the yoga asanas. • Use body awareness and self-visualization to achieve proper position and alignment in the yoga asanas. • Demonstrate acceptance and understanding of the etiquette of group yoga practice. • Identify specific yoga asanas they can practice for a lifetime, and create and implement an individualized yoga practice and continue to modify it in order to ensure personal benefit.	• Breathing • Relaxation (Savasana) • Beginning Yoga Poses (Sanskrit Terms): ○ Shoulder shrugs and neck exercises ○ Chest Expansion (Uttanasana) ○ Back Stretch (Pascimottanasana) ○ Triangle Pose (Trikonasana) ○ Cobra Pose (Bhujangasana) ○ Warrior Pose (Virabhadrasana) ○ Mountain Pose (Tadasana) ○ Tree Pose (Vrksasana) ○ Child's Pose (Darnikasana) ○ Simple Twist (Ardha Matsyendrasana) ○ Cat Stretch ○ Butterfly Pose (Baddha Konasana) ○ One Leg Seated ○ Forward Bend (Janu Sirasana)

			● Discuss and consider the history of yoga and its influence in today's culture of physical fitness.	○ Down Dog Pose (Adho Mukha Svanasana) ○ Extended Foot Pose (Padottanasana)
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