

Timeframe:	Health & Fitness Academic Content	Fitness	Proprioception Skills	Social/Emotional/Safety
Essential Questions	How does my knowledge of anatomy improve my practice yoga? Why is it important to know yoga vocabulary? How will understanding the benefits of yoga promote my practice?	Why is yoga important to your overall fitness?	Why are touch points necessary in order to perform basic yoga poses correctly? What aspects of yoga help enhance performance in outside sports and activities?	How can yoga improve my mental health? What tools in yoga can I use to improve my overall quality of life?
Content	Instruction in Bones, Muscle, Joints, Digestive system, Kinesiology as related to yoga.	Five components of fitness as related to the practice of yoga	Importance of physical safety when doing poses. Daily yoga and core practices. Repetitive muscle recruitment establishing muscle memory.	Self awareness. Ability to self assess. Bio-feedback and metacognitive skills
Skills / Activities	Teach anatomy and vocabulary using worksheets. Demonstrate and practice poses. Guided practice using supplementary material.	Various pose sequences and practices that target flexibility, strength, endurance and balance. Personal Goal setting activity	Touch Point worksheet, guided practice, practice using Yoga Cards and Pose Packets Refer and teach to the academic content i.e., anatomy and kinesiology. Photo evidence Sport and activity specific guided practices	Guided relaxation Reviewing and integrating concepts of Mental Health from 9 th grade health. Teach specific asanas for stress reduction, focus, quieting your mind, Incorporating breathing techniques for certain outcomes. Personal information sheets.
Assessment	Informal assessments visually. Formal written quizzes. Student directed photo evidence. Peer evaluations	Fitness testing – pre, mid, post formally as well as self evaluations throughout. Photo evidence Daily check sheets (journal)	Teacher visual assessment Photo Journals Goal setting assignment tied to personal activities. Peer assessment Daily Check Sheet	Daily check sheets. Written reflections. Heart rate checks. Teacher visual assessments.
Standards				
Equipment / Resources	Charts, cards, books, web and video sources	Welnet, fitness testing tools,	Touch Point charts and pose guides. Yoga Deck cards. Camera/phone/tablet. Internet. Blocks and straps. Mat and towel. Media equipment	Music, apps, videos, etc for guided practices. Heart rate monitoring device.

Notes:

Timeframe:	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions				
Content				
Skills / Activities				
Assessment				

Standards				
Equipment / Resources				
Notes:				

Timeframe:	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions				
Content				
Skills / Activities				

Assessment				
Standards				
Equipment / Resources				
Notes:				
Timeframe:	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions				
Content				
Skills / Activities				
Assessment				



Standards				
Equipment / Resources				
Notes:				

Timeframe:	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions				
Content				

Skills/ Activities				
Assessment				
Standards				
Equipment / Resources				
Notes:				