

Wallenpaupack Area School District Planned Course Curriculum Guide

Department
Health and Physical Education

Course
Holistic

Course Description:

This course is designed to introduce students, safely and accessibly, to the basic postures, breathing, techniques, and relaxation methods of yoga. Students begin to experience the benefits of stretching, moving, and breathing freely as they relieve build up stress, learn to relax, and ultimately get more out of the day-to-day life. The aid of this course is to focus on attitudes and behaviors that will promote positive health and wellness for an individual throughout their lifetime.

Revision Date: September 1, 2019

Wallenpaupack Area School District Curriculum	
COURSE: Holistic	GRADE/S: 9, 10, 11 and 12
UNIT 1: History of Yoga	TIMEFRAME: 1 week

<p>COMMON CORE STANDARDS:</p> <p>10.1.9.E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.3.9.C Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues.</p> <p>10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.</p>
<p>UNIT OBJECTIVES (SWBATS):</p> <p>Explanation of curriculum, expectations, and grading.</p> <p>Explanation of rules and procedures.</p> <p>Discuss and consider the history of yoga and its influence in today's culture of physical fitness.</p>
<p>INSTRUCTIONAL STRATEGIES/ACTIVITIES:</p> <p>PowerPoint</p> <p>Notebooks for Journals</p> <p>Videos</p> <p>Guided Practice and Group Discussions</p> <p>Lecture</p> <p>Worksheets</p>
<p>ANCHOR VOCABULARY:</p> <p>Yoga</p> <p>Mindfulness</p> <p>Meditation</p>
<p>ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):</p> <ul style="list-style-type: none"> • CDTS (Diagnostic) • Keystones (Summative) <p>Journal reflections</p>
<p>EVIDENCE OF MASTERY/Cut Score (Keystone Exam):</p>
<p>DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)</p>
<p>RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):</p>
<p>RESOURCE SPECIFIC VOCABULARY:</p>

Wallenpaupack Area School District Curriculum	
COURSE: Holistic	GRADE/S: 9, 10, 11 and 12
UNIT 2: Breathing Techniques/Stress Management	TIMEFRAME: 1 week

<p>COMMON CORE STANDARDS:</p> <p>10.1.9.E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.3.9.C Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <p>10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues.</p> <p>10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.</p>
<p>UNIT OBJECTIVES (SWBATS):</p> <p>Understand the concept of stress and how stress can be harmful to proper development.</p> <p>Understand and apply a wide variety of stress management techniques.</p> <p>Demonstrate understanding and competency in using controlled breath to begin, maintain, and end the yoga asanas.</p> <p>Develop an appreciation for the importance of commitment and dedication to their yoga practice.</p> <p>Cultivate respect and appreciation of other students' practice by honoring the community environment of the yoga session.</p>
<p>INSTRUCTIONAL STRATEGIES/ACTIVITIES:</p> <p>Notebooks for Journals</p> <p>Videos</p> <p>Guided Practice and Group Discussions</p> <p>Lecture</p> <p>Breathing techniques</p>
<p>ANCHOR VOCABULARY:</p> <p>Pranayama</p> <p>Ujjayi breath</p> <p>Drishti</p> <p>Calm</p> <p>Energizing</p>
<p>ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):</p> <ul style="list-style-type: none"> • CDTS (Diagnostic) • Keystones (Summative) <p>Journal reflections</p>
<p>EVIDENCE OF MASTERY/Cut Score (Keystone Exam):</p>
<p>DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)</p>
<p>RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Calm App, YouTube Videos</p>
<p>RESOURCE SPECIFIC VOCABULARY:</p>

Wallenpaupack Area School District Curriculum	
COURSE: Holistic	GRADE/S: 9, 10, 11 and 12
UNIT 3: Basics of a Yoga Practice	TIMEFRAME: 7 weeks

COMMON CORE STANDARDS:

10.1.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

10.5.9.E Analyze and apply scientific and biomechanical principles to complex movements.

10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation

UNIT OBJECTIVES (SWBATS):

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.

Develop an appreciation of their individual strengths and limitations in relation to their yoga practice.

Become increasingly aware of the benefit they are receiving from yoga practice

Cultivate respect and appreciation of other students’ practice by honoring the community environment of the yoga session.

Cultivate respect and appreciation for the achievements and limitations of others.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Notebook for notes and journaling

Videos

Guided Practice and Group Discussions

Lecture

Breathing techniques

ANCHOR VOCABULARY:

Ansana

Sun Salutation

Vinyasa

Downward Facing Dog

Chataranga

Savasana

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- **CDTS (Diagnostic)**
- **Keystones (Summative)**

Journal reflections

Notebooks-keep record of all poses learned and instructions

Teacher Observation

Create a short yoga sequence

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Calm App, YouTube Yoga Videos

RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Holistic	GRADE/S: 9, 10, 11 and 12
UNIT 4: Intermediate Yoga Practice	TIMEFRAME: 6 weeks

COMMON CORE STANDARDS:

10.1.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

10.5.9.E Analyze and apply scientific and biomechanical principles to complex movements.

10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation

UNIT OBJECTIVES (SWBATS):

Identify specific yoga asanas they can practice for a lifetime.

Create and implement an individualized yoga practice and continue to modify it in order to ensure personal benefit.

Monitor and modify their independent yoga practice to ensure maximum physical and mental benefit.

Select asanas and practice them during leisure time.

After sampling and practicing a wide variety of yoga asanas, develop an understanding of which particular ones are best suited to their own physical development and well-being.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Notebooks for notes and journaling

Videos

Guided Practice and Group Discussions

Lecture

Breathing techniques

ANCHOR VOCABULARY:

Sanskrit terms

Ashtanga

Hatha

Inversion

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- **CDTS (Diagnostic)**
- **Keystones (Summative)**

Journal reflections

Notebooks-keep record of all poses learned and instructions

Teacher Observation

Sanskrit quiz

Add to their yoga sequence

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Calm App, YouTube Yoga Videos

RESOURCE SPECIFIC VOCABULARY:

Wallenpaupack Area School District Curriculum	
COURSE: Holistic	GRADE/S: 9, 10, 11 and 12
UNIT 5: Semester Final Project	TIMEFRAME: 3 weeks
<p>COMMON CORE STANDARDS:</p> <p>10.1.12.B Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>10.5.9.E Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation</p>	
<p>UNIT OBJECTIVES (SWBATS):</p> <p>Identify specific yoga asanas they can practice for a lifetime.</p> <p>Create and implement an individualized yoga practice and continue to modify it in order to ensure personal benefit.</p> <p>Monitor and modify their independent yoga practice to ensure maximum physical and mental benefit.</p> <p>Select asanas and practice them during leisure time.</p> <p>After sampling and practicing a wide variety of yoga asanas, develop an understanding of which particular ones are best suited to their own physical development and well-being.</p> <p>Develop an awareness of the beauty and harmony of their yoga practice.</p> <p>Cultivate respect and appreciation of other students' practice by honoring the community environment of the yoga session.</p> <p>Cultivate respect and appreciation for the achievements and limitations of others.</p>	
<p>INSTRUCTIONAL STRATEGIES/ACTIVITIES:</p> <p>Notebooks for planning their own yoga class with personal reflections</p> <p>Videos</p> <p>Guided Practice and Group Discussions</p> <p>Lecture</p> <p>Breathing techniques</p>	
<p>ANCHOR VOCABULARY:</p> <p>Modifications</p> <p>Sequence</p>	
<p>ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):</p> <ul style="list-style-type: none"> • CDTS (Diagnostic) • Keystones (Summative) <p>Journal reflections</p> <p>Notebooks-keep record of their own yoga sequence they plan to teach to the class</p> <p>Teacher Observation</p> <p>Final Project</p>	
<p>EVIDENCE OF MASTERY/Cut Score (Keystone Exam):</p>	
<p>DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)</p>	
<p>RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Calm App, YouTube Yoga Videos</p>	
<p>RESOURCE SPECIFIC VOCABULARY:</p>	