

Glendale Unified School District

High School

May 3, 2022

Department: Physical Education Elective

Course Title: Yoga

Course Code: 4182D/4183D

Grade Level(s): 11-12

School(s)
Course Offered: Crescenta Valley High School

UC/CSU Approved
(Y/N, Subject): N/A

Course Credits: 10

Recommended
Prerequisite: None

Recommended
Textbook: None

Course Overview: This course provides an overview of yoga exercise experience using a non-competitive approach designed to improve strength and flexibility through mind and body as an integrated study of health. Various styles of Hatha Yoga will be studied and practiced. The practice involves breathing techniques, development of flexibility and strength in the skeletal, muscular, and nervous systems, improve circulation, reduce stress, and increase energy levels. Proper training techniques (asanas) and terminology and an understanding of the basic yoga philosophy will be presented to maintain personal fitness throughout the life span.

CONTENT STANDARDS:

Students will:

- Demonstrate understanding and competency in using controlled movement to begin, maintain, and end the yoga asanas. (Standard 1)
- Use body awareness and self-visualization to achieve proper position and alignment in the yoga asanas. (Standard 2)
- Demonstrate acceptance and understanding of the etiquette of group yoga practice. (Standard 1)
- Identify specific yoga asanas they can practice for a lifetime. (Standard 3)
- Create and implement an individualized yoga practice and continue to modify it in order to ensure personal benefit. (Standard 3)
- Monitor and modify their independent yoga practice to ensure maximum physical and mental benefit. (Standard 4)
- Select asanas and practice them during leisure time. (Standard 4)
- 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. (Standard 5)
- Develop an appreciation of their individual strengths and limitations in relation to their yoga practice. (Standard 6)
- Become increasingly aware of the benefit they are receiving from yoga practice. (Standard 6)
- Develop an appreciation for the importance of commitment and dedication to their yoga practice. (Standard 6)
- Develop an awareness of the beauty and harmony of their yoga practice. (Standard 7)
- Cultivate respect and appreciation of other students' practice by honoring the community environment of the yoga session. (Standard 8)
- Cultivate respect and appreciation for the achievements and limitations of others. (Standard 8)
- Discuss and consider the history of yoga and its influence in today's culture of physical fitness. (Standard 9)

First Semester

Unit 1: Introduction to Yoga

(20 weeks)

Student will:

- Acquire the basic skills of a yoga practice
- Develop an understanding of yoga etiquette and terminology
- Achieve and maintain a health-enhancing level of physical fitness
- Develop skills, knowledge, and interest to independently maintain a regular yoga practice
- Develop an understanding of individual differences and acquire a non-competitive, positive self-image in regard to their own body and yoga practice
- Experience immediate and long-term benefits of yoga practice

Students will learn basic poses that they will be expanded on once students have achieved proficiency performing the basic poses. Sequential flow of poses start with easier to more challenging sequences. Basic, gentle yoga begins with breathing technique, basic sitting, standing, positions. Sun Salutations A, B, C and beginning Abs and Back, beginning legs, beginning arms and shoulders, beginning relaxation techniques,

Basics of Yoga Practice

(8 weeks)

Breathing: Importance, philosophy, physiology

Yoga Three Part Breath Instruction and daily practice

Relaxation: Importance, philosophy, physiology

Deep relaxation practice (Savasana)

Notebooks: Keep record of all poses learned and instructions

Beginning Yoga Poses: Instruction and guided practice in 10-15

Elementary yoga postures, possibly including the following:

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)

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- One Leg Seated Forward Bend (Janu Sirasana)
- Down Dog Pose (Adho Mukha Svanasana)
- Extended Foot Pose (Padottanasana)

By the end of class students will be able to use the 3 part breathing technique:
(Abdominals, lower rib cage, lungs)

By the end of class students will be able to demonstrate the following poses:

- Half lotus
- Dharma
- Diamond
- Heart
- Half Forward Fold
- Forward Fold
- Downward facing dog
- Bound angle
- Childs Pose
- Cat
- Plank
- Cobra
- Warrior 1
- Warrior 2
- Triangle Pose

By the end of class, students will be able to flow in a yoga sequence at their own pace.

Unit 2

(5 weeks)

By the end of class students will be able to:
Demonstrate knowledge of different yoga poses.

Warm-Up

Student will demonstrate the knowledge of warm up poses Sequence

Student will demonstrate the knowledge of sequence poses

Student will demonstrate the knowledge of cool down poses

Teach the class the sequence.

Second Semester

Unit 3: Intermediate Yoga

(15 weeks)

Students' progress in the physical practice of Yoga asanas, moving beyond introductory positions and sequences, developing balance in body alignment, flexibility, and strength. The students learn additional asanas (positions) and terminology, and gain greater understanding of yoga philosophy and its application to daily life.

1. Intermediate Yoga Practice
2. Intermediate Yoga Poses: Instruction and guided practice in 8-10 intermediate yoga postures
3. possibly including the following:
4. Sun Salutation (Surya Namaskar)
5. Half Locust/Locust Pose (Salabhasana)
6. Shoulder Stand (Sarvangasana)
7. Plough Pose (Halasana)
8. Fish Pose (Matsyanasana)
9. Extended Side Angle Pose (Uthita Parsvakonasana)
10. Lying Twist (Jathara Parivartanasana)
11. Straddle/Wide Leg Seated Forward Bend (Upavista Konasana)
12. Camel Pose (Ustrasana)
13. Dancer Pose (Natarajasana)
14. Eagle Pose (Garudanasana)
15. Vocabulary: Continued introduction use of Sanskrit terms
16. Why we use Sanskrit terms
17. Individual projects to reinforce Sanskrit terminology
18. Independent Practice
19. Importance and benefits
20. Guidelines for individual practice
21. Notebooks continued

Semester Final Project

(5 weeks)

In small groups each student role-plays as both teacher and evaluator

Assessment/Assignments

Not Proficient: 1

Partial Proficient: 2

Proficient: 3

Advanced Proficient: 4

Assessment of Teaching of an Asana:

Knowledge

Not knowledgeable

- Inaccurate information.
- Does not meet the student's needs.

Somewhat knowledgeable

- Most information is accurate.
- Almost meets the student's needs.

Knowledgeable

- Information is accurate.
- Meets the student's needs.

Extremely Knowledgeable

- Information is complete and accurate.
- Exceeds the student's needs.

Assessment of Teaching an Asana: Organization

Not Organized

- Critical steps omitted
- Order of steps confusing

Poorly Organized

- Some steps omitted
- Order of steps not accurate

Organized

- Includes basic steps
- Has clear start, middle, and end

Well Organized

- Able to go through all steps of instruction

Assessment of Teaching an Asana: Presentation

Not Poised

- Embarrassed
- Not clear
- No demonstration or not helpful

Somewhat Poised

- Mostly comfortable

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- Mostly clear
- Demonstration partially helpful

Poised/Assured

- Comfortable
- Clear
- Demonstration helpful

Extremely Poised

- Joyful
- Very clear
- Demonstration very helpful

Assessment of Peer Evaluation and Group Participation:

Evaluation of Peers

Weak

- Favoritism
- Incomplete consideration of criteria

Fair

- Mostly objective
- Considers most criteria

Good

- Fair evaluation
- Considers almost all criteria

Excellent

- Completely objective
- Considers all criteria

Assessment of Peer Evaluation and Group Participation:

Weak

- No effort
- Behavior is harmful to peer teacher

Fair

- Tries most of the time
- Behavior does not distract peer teacher

Good

- Effort to follow student instruction
- Behavior is helpful to peer teacher

Excellent

- Strong effort to follow student instruction
- Behavior shows good judgement at all times

Suggested Percent of Grade

Movement Skills and Movement Knowledge (Skills and Knowledge Assessments) 25% - 30%

Social Skills: Respect, responsibility, observation of yoga etiquette 25% - 30%

Performance to best of individual ability: sincere effort 25% - 30%

Notebook/Projects/Quizzes 15% - 20%

Unit 4

(5 weeks)

In this unit students will learn the skills of various different yoga techniques. Through this class students will learn more advanced breathing techniques, intermediate yoga poses and sequences, different equipment that can be used, as well as how to create a sequence. By the end of this unit, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life.

Grading:

A class taught sequence will be worth 25 points and required for completion of this class.

Yoga Presentation Guidelines

1. 8-12 poses
2. Introduce 1 or 2 new poses – beginning/intermediate level
3. Hold each pose 3-5 breaths
4. Use of the same grounding pose beginning and end of the sequence
5. Performance show knowledge and adequate skill level
6. Main voice (clear and precise) giving helpful guidelines with instruction
7. Choice of music appropriate use according to selected poses
8. Flow in transitions between poses
9. Group cohesiveness

Additional Recommended Materials - *Must be approved by Board of Education.*

The Heart of Yoga: Developing a Personal Practice; T.K.V. Desikachar

How Yoga Works; Michael Roach and Christie McNally