

ASD Academic Plan

Physical Education: Yoga

Grade Level: 9-12 grade	Course Description: Students will practice Hatha Yoga focusing on yoga for strength, flexibility, and relaxation. The class will also cover techniques for increasing concentration and decreasing anxiety which leads to stronger academic performance. Breathing exercises and healthy fitness activities will also be taught.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

Quarter 1	QUARTER 2
Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.	Demonstrate basic skills associated with yoga and Pilates.
Demonstrate the ability to perform yoga movements in various combination and forms.	Demonstrate the ability to perform yoga movements in various combination and forms.
Understand and apply the knowledge of basic sequencing, and effective group management.	Understand and apply the knowledge of basic choreography, and effective group management.
Demonstrate the ability to create and present various yoga sequences.	Demonstrate the ability to create and present various yoga activities.
Demonstrate an understanding of health-related fitness components.	Identify opportunities for participation in yoga activities in the community.
Assess current personal fitness levels.	Demonstrate an understanding of health-related fitness components: muscular strength, muscular endurance, and stress management.
Identify opportunities for participation in yoga activities in the community	Assess current personal fitness levels.
Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, flexibility and body composition.	Identify the major muscle groups and their application to yoga and Pilates.
Identify the major muscle groups and their application to yoga.	Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.
Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities.	Assess yoga activities in terms of fitness value.
Demonstrate an understanding of health problems associated with inadequate fitness levels	Identify and apply injury prevention principles related to yoga activities.
Demonstrate an understanding of sound nutritional practices as related to health and physical performance.	Understand and correctly apply biomechanical and physiological principles related to exercise and training.
	Demonstrate an understanding of health problems associated with inadequate fitness levels.
	Demonstrate an understanding of sound nutritional practices as related to health and physical performance.