

# Yoga

Alejandro Verdaguer, Alicia Gomes & Elizabeth Dean

Physical Education

Masconomet Regional High School

Winter 2010-2011

Updated Spring 2017

Updated 2022-24

## **Table of Content**

- A. Introduction
- B. Course Description and General Information
- C. Course Goals and Objectives
- D. State and National Standards
- E. Course Outline and Lesson Plan Guide
- F. Evaluations
- G. On-line Websites Resources
- H. Reference List

## **Introduction**

The purpose of the Yoga class is to introduce the benefits of yoga and mindfulness to students at Masconomet Regional High School. This class is part of a greater list of physical education (PE) electives provided to students. Having different electives offered in the PE department allows for a greater freedom of choice and satisfaction for students.

Yoga, as taught in modern times, can provide many physical and mental benefits. Physical benefits include increase in flexibility, strength, and joint mobility just to name a few. Mentally, yoga has shown to reduce stress, improve mood, and increase reaction time, memory, and even IQ scores (McCall, n.d.).

Yoga exemplifies the tools that are vital to the success of any student. Throughout the course there is an undeniable growth in students' self-esteem and confidence. These attributes, although hard to measure, are often seen outside of the classroom in students' interactions with adults and fellow students.

The goal of this curriculum is to act as a guide for physical education teachers. Goals and objectives will be their destination. Students' journey to that destination will fall under the responsibility and creativity of their teachers.

## **Course Description and General Information**

### ***Course Description***

9108 Yoga I **S1, S2, C1** Semester Course - 2.0 Cr.

Are you stressed out? Do you need a nice relaxing break from your school day? If so, Yoga is the perfect course for you. This beginner level yoga class introduces a variety of stress relieving techniques. You will learn to perform different asanas or yoga poses as well as practice a variety of meditations. This course will create some balance in your life while improving your strength and flexibility.

### ***Community Expectations***

Masconomet's Mission and Expectations for Student Learning are outlined below. The expectations are coded and are cited in each course description in the Program of Studies. Each course is expected to address one or more of the learning expectations.

#### *Academic Expectations*

- Students will communicate effectively. **S1**

#### *Social Expectations*

- Students will assume responsibility for their own behaviors. **S1**
- Students will contribute to the well-being and welfare of others within the school community. **S2**
- Students will demonstrate respect for themselves and others. **S3**

#### *Civic Expectations*

- Students will participate in decision making and team building activities. **C1**

### ***Department Attendance Policy***

The Masconomet Calendar Handbook (2023-2024) states that if a student is unable to participate in Physical Education class for reasons related to injury or ill health, the following procedure should be followed:

1. If one to five physical education classes will be missed, students must bring a note from a parent to the physical education teacher. Even though students are excused from active participation, they must attend class and may be asked to help when appropriate.

2. If more than five physical education classes are missed, students must show a physician's note to the school nurse. Even though students are excused from active participation, they must attend class and may be asked to help when appropriate if it is expected that they will return to the class. The school nurse will notify guidance and the physical education teacher. The school nurse will also monitor the student's progress and will inform the teacher when the student may return to full participation. A student may be assigned to a study hall at the discretion of the nurse and the teacher.

## **Course Goals and Objectives**

### ***Course Goal***

The goal of this course is to introduce students to the numerous benefits of yoga and mindfulness. The expectation is for students to develop an appreciation for exercise, health, and wellness through the expression of movement.

### ***Course Objectives***

Upon the completion of this course most students should be able to:

- Understand the appropriate breathing techniques for yoga and overall health and wellness.
  - SHAPE Standard 1 and 2; Mass DOE Standard 2.19
- Move through space with body and spatial awareness.
  - SHAPE Standard 1 and Mass DOE Standard 2.17
- Recognize and perform basic asana (yoga poses) individually or in sequence with modifications or supports.
  - SHAPE Standard 2 and Mass DOE Standard 2.20, 2.23
- Understand the benefits of mindfulness or meditation
  - SHAPE Standard 4 and Mass DOE Standard 2.24
- Develop a yoga flow and sun salutation using the asanas learnt in class while demonstrating exercises for warming up and cooling down.
  - SHAPE Standard 1, 2, 3, 4 & 5 and Mass DOE Standard 2.17, 2.19, 2.20, 2.23, 2.24 & 2.26

## **State and National Standards**

The course goals and objectives will align themselves in sequence with the Massachusetts Comprehensive Health Curriculum Frameworks standards and the National Associations for Sport and Physical Education's national standards for physical education.

### ***Massachusetts Comprehensive Health Curriculum Frameworks Learning Standards:***

- 2.17 Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastics).
- 2.19 Apply concepts about sequential motor learning and development, biomechanics, exercise physiology, and sports psychology.
- 2.20 Demonstrate exercises in strength training, cardiovascular activities, and flexibility training. Meet developmentally appropriate health-related fitness benchmarks.
- 2.23 Meet developmentally appropriate health-related fitness benchmarks.
- 2.24 Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans.
- 2.26 Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity.

### ***Society of Health and Physical Educators (SHAPE) - National Standards for Physical Education:***

SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as a result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Citation: National Standards for K-12 Physical Education Copyright 2013, SHAPE America –Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, [www.shapeamerica.org](http://www.shapeamerica.org). All rights reserved.

## Course Outline and Lesson Plan Guide

Yoga is taught in a full semester. This gives teachers approximately 70 teaching days in which to cover all of the material that is outlined. Classes vary in length from 49-68 minutes. Students come into class with different levels of experience with yoga and mindfulness and have a variety of ability levels. Teachers will differentiate their instruction in class to accommodate all students. There will be modifications for the poses introduced by this course. As always, safety is the most important priority for students and teachers alike. A proper warm up and cool down should be performed, as well as the introduction of proper spotting techniques or modifications for the more difficult poses.

### Outline

Week	Subject	Content
1	Beginner level Yoga	Introduction of Proper Breathing Techniques; External Rotation of Shoulders & Chest Opening; Lengthening of Spine
2	Beginner level Yoga	Introduction of Mindfulness; Anterior Pelvic Tilt (Pelvis Flexion); Forward Bending; Lengthening of Spine through Extension and Revolving; Single Leg Balance- <i>Intense spine stretch, staff w/ a forward fold, child's, extended child's, warrior III, triangle</i>
3	Beginner level Yoga	Introduction to Mindfulness; Posterior Pelvic Tilt (Pelvis Extension); Preparation of Backbending – <i>Sphinx, Cobra, Upward Dog</i>
4 & 5	Beginner level Yoga	Introduction to Mindfulness; External Rotation of Femurs, Humerus and Shoulders; - <i>Butterfly, Rocking the Baby, Tree, Pigeon, Laying Down Pigeon, Lateral Angle, King Pigeon</i>
6 & 7	Beginner level Yoga	Preparation for Backbends/Backbends ( <i>Yoga bridge, Single leg yoga bridge, camel, wheel, wheel variations, restorative bridge</i> )
8 & 9	Beginner level Yoga	Preparation for Inversions/Inversions ( <i>Shoulderstand, Crow, Headstand, Handstand</i> )
10	BL Yoga Review	Review & Yoga Practical ( <i>Yoga Flow Assessment of Knowledge</i> )
11	Intermediate Level Yoga	Introduction to Sun Salutation ( <i>low level sun salutation &amp; high level sun salutation- low lunge, high lunge, pigeon II, ½ Moon &amp; Monkey</i> )
12 & 13	Intermediate Level Yoga	Anterior Pelvic Tilt (Pelvis Flexion); Forward Bending; Lengthening of Spine and hamstrings ( <i>Dancer - Extended big toe - Standing split-Chaturanga- Locus</i> )
14 & 15	Intermediate Level Yoga	Posterior Pelvic Tilt (Pelvis Extension); Exterior Rotation of Shoulders; Backbends Series ( <i>bow, yoga bridge, wheel, upward facing two foot staff, scale</i> )
16	Intermediate Level Yoga	External Rotation of Femurs, Humerus and Shoulders; Chest Opening ( <i>sage I, lunge with a bind, extended puppy, Eagle</i> )
17 & 18	Intermediate Level Yoga	Inversions ( <i>Headstand, Handstand, Forearm stand, Crow, Crow progressions</i> )
19	IL Yoga	Review & Yoga Practical #2 (Sun Salutation)

### Lesson Plan Guide

The following guide will serve a resource of information for which to address the content outlined in the previous chart. Beginner level yoga (quarter 1 & 3) will be taught using flows. Flows are a series of movements linked together by the teacher in order to achieve specific gains in flexibility, balance, strength, or coordination. Intermediate level yoga (quarter 2 & 4) will be taught using sun salutations. A sun salutation is a series of movements that warm-up the body or create heat prior to doing high level movements. The poses will be used by the teacher to address the content in the course



outline. As well, a lesson plan template will be developed for each lesson. This template will still give each teacher some flexibility in developing their specific plan for every class.

Week	Movement		
1	<b>Warm Up</b> Happy Pose Staff Pose Sage Pose III Laying Down Big Toe Pose	<b>Standing Poses</b> Mountain Pose Warrior I, II, III Extended Flank Side Pose Triangle Pose	<b>Cool Down- Ground &amp; Counter Poses</b> Cat/Cow Child's Pose Seated Angle Pose
2	<b>Warm Up</b> Staff Pose Extended Child's Pose Cat/Cow	<b>Standing Poses</b> Mountain Pose Warrior I Warrior III- work at wall Intense Spine Stretch Extended Flank Side Pose Spread-out Foot Pose Downward Facing Dog	<b>Cool Down- Ground &amp; Counter Poses</b> Cat/Cow Extended Child's Pose Head to Knee Pose Wind Relieving Pose
3	<b>Warm Up</b> Happy Pose w/ arms extended Cat/Cow Extended Child's Pose	<b>Standing Poses</b> Mountain Pose Warrior I Tree Pose	<b>Cool Down- Ground &amp; Counter Poses</b> Serpent Pose Extended Child's Pose Pigeon Pose Cow/Cat or Child's Pose Bridge Pose
4 & 5	<b>Warm Up</b> Happy Pose w/ arms extended Side Lateral Stretch in Happy Pose Armpit, chest and shoulder rotation in Happy pose	<b>Standing Poses</b> Mountain Pose Tree Pose Warrior II Extended Triangle Pose Lateral Angle Pose	<b>Cool Down- Ground &amp; Counter Poses</b> Butterfly Child's Pose Downward Facing Dog Pose Pigeon Pose Shoulder Stand Pose (against wall)
6 & 7	<b>Warm Up</b> Happy Pose w/ Navel to spine and arms extended Side Lateral Stretch in Happy Pose Knees to chest, balance on sit bones, lengthen navel to heart	<b>Standing Poses</b> Mountain Pose Warrior I Warrior III Intense Spine Stretch Mighty/Powerful Pose (UTKATASANA) Extended Triangle Pose Downward Facing Dog Spread Out Foot Pose	<b>Cool Down- Ground &amp; Counter Poses</b> Bridge Pose Child's Pose Butterfly
8 & 9	<b>Warm Up</b> Cat/Cow Hero Pose- with blocks Side Lateral Stretch in Happy Pose Reclined Hero Pose	<b>Standing Poses</b> Headstand Pose Preparatory Poses Headstand & Handstand Garland & Crow	<b>Cool Down- Ground &amp; Counter Poses</b> Serpent Pose Pigeon Pose (L/R) Camel Pose Child's Pose Head to Knee Pose Shoulder Stand Pose against wall
10	<b>Yoga Flow Assessment</b>	<b>Yoga Flow Assessment</b>	<b>Yoga Flow Assessment</b>
11	<b>Warm-up with low level Sun Salutation</b> Happy or Hero Table Top Cat Cow Extended Child's (reach to both sides) Toe's Pose Extended Child's (Reach to both sides) Cow Cat Table Top Happy or Hero  <b>Warm up with a high level Sun Salutation</b> Sun Salutation- to create heat and introduce flow  Mountain Hands Up Head to Knees Lunge Right Foot Back	<b>Intermediate level skills</b> Low Lunge High Lunge Pigeon II Monkey Pose Half Moon	<b>Cool Down</b> Head to Knee Staff with a forward fold Single leg Reclining Hero Butterfly

	Plank Lower to bottom of Pushup Upward Dog Downward Dog Lunge Right Foot Forward Head to Knees Hands Up Mountain		
12 & 13	<b>Warm-up with low level &amp; high level Sun Salutations</b>	<b>Intermediate level skills</b> Dancer Extended Big Toe Standing Split Chaturanga Locus Dolphin Plank	<b>Cool Down</b> Extended Child Child Cat Cow Pigeon Sage III Rock the baby
14 & 15	<b>Warm-up with low level &amp; high level Sun Salutations</b>	<b>Intermediate level skills</b> Bow Boat Extended Puppy Wheel Upward Facing Two Foot Staff Scale	<b>Cool Down</b> Extended Child Child Cat Cow Laying down pigeon Side Stretch
16	<b>Warm-up with low level &amp; high level Sun Salutations</b>	<b>Intermediate level skills</b> Sage I Lunge with a bind Eagle	<b>Cool Down</b> Head to Knee Staff with a forward fold Single leg Reclining Hero Butterfly
17 & 18	<b>Warm-up with low level &amp; high level Sun Salutations</b>	<b>Intermediate level skills</b> Headstand Handstand Forearm Stand Crow Garland Crow Progressions	<b>Cool Down</b> Extended Puppy Extended Childs Childs Pigeon Butterfly Wrist Stretches
19	<b>Sun Salutation Practical</b>	<b>Sun Salutation Practical</b>	<b>Sun Salutation Practical</b>

## Evaluation

Assessing students on their cognitive, psychomotor, affective, and health related fitness domains would not be an effective use of time. Thus, students will be evaluated on their cognitive and psychomotor abilities. This will allow the department to measure students' advancement toward the course goals and objectives. The following chart aligns the domains covered in class and their outcomes.

Domain	Outcome(s)
<b>Cognitive</b>	1. Students will recognize and perform asana (yoga poses) individually or in sequence.
<b>Psychomotor</b>	1. Students will develop appropriate meditation and breathing techniques. 2. Students will move through space with body and spatial awareness. 3. Students will increase flexibility, strength and coordination.

## Online Website Resources

### *Yoga*

<http://www.yogajournal.com>

<http://yogaspiritstudios.com/index.htm>

<http://www.yogatherapyweb.com/yogaspirit/>

### Reference List

- Masconomet Regional High School. (2017). *Masconomet regional high school program of studies*. Topsfield, MA: Author.
- Masconomet Regional High School. (2017). *2016-2017 Masconomet calendar handbook*. Topsfield, MA: Author.
- Massachusetts Department of Education. (1999). *Massachusetts Comprehensive Health Curriculum Frameworks* (2<sup>nd</sup> ed.). Malden, MA: Author.
- McCall, T. (n.d.). *Count on yoga: 38 ways yoga keeps you fit*. Retrieved from <http://www.yogajournal.com/health/1634>
- Metzler, M. (2005). *Instructional models for physical education*. Second edition. Holcomb Hathaway Publishing.
- SHAPE America. (2013). *National Standards for K-12 Physical Education*. Reston, VA: Author. Retrieved from <http://www.shapeamerica.org/standards/pe/>
- YOGAspirit Studios. (2002). *200 hour asana training guide*.