

# Readington Township Public Schools

## Yoga & Mindfulness

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**Readington Township Public Schools**

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## I. OVERVIEW

Students will have an opportunity to understand the practice of Yoga and breathing techniques. They will learn different poses and then combine the poses into routines. The teacher will explain and demonstrate the poses/routines, while also covering which muscle groups the poses/routines are focusing on. Students will have the opportunity to practice different breathing techniques to focus on relaxation and reflection. It's a chance to relieve stress in a positive manner. Students will also be journaling their thoughts and feelings on a daily basis, reflecting on their practice. For the second part of the semester class, students will have the opportunity to be leaders of the class. They will create their own Yoga routine with a video through either Flipgrid or Screencastify. They will also have the chance to demonstrate leadership skills, by constructing a routine for the class.

## II. STUDENT OUTCOMES ([NJSL Standards](#))

### **Comprehensive Health and Physical Education:**

The course objectives will cover but are not limited to these standards:

- 2.1.8.EH.1, Compare and contrast stress management strategies that are used to address various types of stress-induced situations (e.g., academics, family, personal relationships, finances, celebrations, violence).
- 2.1.8.EH.2, Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.
- 2.2.8.LF.1, Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness.
- 2.2.8.MSC.2, Demonstrate control of motion in relationship between force, flow, time, and space in interactive dynamic environments.
- 2.2.8.MSC.4, Analyze, and correct movements and apply to refine movement skills.
- 2.2.8.MSC.7, Effectively manage emotions during physical activity (e.g., anger, frustration, excitement) in a safe manner to self and others.

## III. COURSE OBJECTIVES

- Introduction

*Students will be able to:*

- Identify specific poses in Yoga
- Identify routines in Yoga
- Understand proper breathing techniques
- Establish good wellness habits to last a lifetime
- Develop self-awareness and enhance mental/emotional, physical and social well-being

- Design and Concept of Yoga Routine

*Students will be able to:*

- Identify poses that focus on specific muscle groups
- Identify poses that focus on injured/stressed areas of the body
- Demonstrate independent ability to construct a routine
- Demonstrate the ability of reflection and evaluate their breathing and Yoga practice

## IV. STRATEGIES

Strategies may include but are not limited to:

- Group discussions
- Teacher presentation
- Student projects
- One to one instruction

- Online practice

## **V. EVALUATION**

Assessments may include but are not limited to:

- Teacher Observations
- Class Participation
- Class Discussions
- Homework Assignments
- Notebooks/Journals
- Student Projects
- Tests and Quizzes
- Presentations

## **VI. REQUIRED RESOURCES**

- Chromebooks

Supplemental Resources may include, but are not limited to:

- Headphones
- Kahoot
- Screencastify
- Flipgrid

## **VII. SCOPE AND SEQUENCE**

- Introduction to Yoga (20 Days)
  - Introduction of Poses
  - Introduction of Routines
  - Identify specific muscle groups each pose is geared toward
  - Identify specific stretches for areas of body that are injured/stressed
- Design and Concept of Yoga Routine (20 Days)
  - Journal through reflection with each day
  - Creation of video routine
  - Leading class in individual instruction