

Unit 11: Yoga

Unit #:	APSDO-00026685	Duration:	3.0 Lesson(s)	Date(s)	
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Team:
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Grade(s)
 K, 1, 2, 3, 4

Subject(s)
 Wellness

Unit Focus

In this unit, student will experience yoga through a deliberate focus on understanding various controlled body poses and stretches. Student will demonstrate improved performance as evidenced by increased levels of execution of proper techniques.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Connecticut Goals and Standards <i>Physical Education: 12</i> <ul style="list-style-type: none"> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i> 	T1 (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.	
	Meaning	
	Understanding(s)	Essential Question(s)
	U1 (U100) Keeping your body centered keeps you grounded. U2 (U108) Demonstrating proper technique (body position, correct movements) creates a predictable outcome. U3 (U165) There are different ways to achieve a calm state of mind; the best way is the one that works for you.	Q1 (Q100) How can I keep my body centered? Q2 (Q155) What does it feel like to be calm? How do I get myself there? Q3 (Q155) What does it feel like to be calm? How do I get myself there?
Acquisition of Knowledge and Skill		

	Knowledge	Skill(s)
		<p>S1 K-1: Demonstrate basic stretching of large muscle groups</p> <p>S2 Gr 2-4: Demonstrate basic stretching of large and small muscle groups</p> <p>S3 Gr 2-4: Demonstrate breathing techniques as it relates to relaxation</p>