

**Physical Education Middle School  
Canterbury Public Schools**

<b>Subject</b>	Physical Education							
<b>Grade Level</b>	Middle School Grades 5 -8							
<b>Unit Title</b>	Yoga							
<b>Unit Goals</b>	<p>Grade 5 and 6</p> <ul style="list-style-type: none"> <li>● Understand the basic yoga poses: <ul style="list-style-type: none"> <li>○ Downward Facing Dog</li> <li>○ Bound angle</li> <li>○ Child's Pose</li> <li>○ Cat</li> <li>○ Plank</li> <li>○ Cobra</li> <li>○ Boat</li> <li>○ Mountain</li> <li>○ Abdominal Lift</li> <li>○ Chair</li> <li>○ Crab</li> <li>○ Gate</li> </ul> </li> <li>● Partner yoga poses</li> <li>● Breathing Technique</li> <li>● Introduce advanced combinations</li> <li>● Communication and supportive of teammates</li> </ul> <p>Grade 7 and 8</p> <ul style="list-style-type: none"> <li>● Review of all skills in grades 5 and 6</li> <li>● Develop sequences</li> <li>● Understand intermediate and advanced poses:</li> <li>● Incorporate more advanced combinations</li> <li>● Engagement of all students</li> <li>● Group Challenges</li> <li>● Modification of poses</li> </ul>							
<b>Pacing (# of weeks)</b>	3 Week - all grades							
<b>Standards</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: #cccccc; text-align: center;">CT Physical Education Standards</th> </tr> <tr> <td style="width: 10%; text-align: center;">9</td> <td>Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.</td> </tr> <tr> <td style="text-align: center;">10</td> <td>Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and</td> </tr> </table>		CT Physical Education Standards		9	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.	10	Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and
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<b>Content/Conceptual Knowledge (know)</b>	<p>Participating in physical activities has healthful benefits and enables people to remain alert, engaged, (healthy mind and body)</p> <ul style="list-style-type: none"> <li>● Safety Cues</li> <li>● Skills</li> <li>● Communication</li> <li>● Strategy for success</li> <li>● The “how to” knowledge of how to play it outside of Physical Education class</li> </ul>										
<b>Skills (be able to do)</b>	<ul style="list-style-type: none"> <li>● Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities</li> <li>● Demonstrate an understanding of concepts as they apply to the learning and performance of physical activities</li> <li>● Develop a strong and flexible body</li> <li>● Increase balance, body awareness, and coordination</li> <li>● Improve posture</li> <li>● Help reduce injuries</li> <li>● Relieve anxiety and stress</li> <li>● Relaxation</li> <li>● Improve concentration</li> <li>● Help students get creative</li> <li>● Help develop discipline and self-control</li> </ul>										
<b>Enduring Understandings</b>	<p>Students will be able to understand...</p> <ul style="list-style-type: none"> <li>● competency in motor skills and movement patterns needed to perform a variety of yoga skills.</li> <li>● movement concepts, principles, strategies and tactics as they apply to yoga skills.</li> <li>● that yoga skills are only one way to participate regularly in physical activity.</li> <li>● how active participation in yoga can incorporate fitness and wellness concepts to achieve and maintain a health-enhancing level of physical fitness.</li> </ul>										

	<ul style="list-style-type: none"> <li>● how exhibiting responsible personal and social behavior while practicing yoga skills will respect self and others.</li> <li>● how choosing physical activity through yoga for health, enjoyment, challenge, self-expression and/or social interaction will allow for one to sustain a physically active lifestyle.</li> <li>● How yoga will increase balance, coordination, and body awareness</li> <li>● Yoga will help relieve anxiety and stress, improve posture, help prevent injuries</li> </ul>
<b>Assessments</b>	<ul style="list-style-type: none"> <li>● Skill checks</li> <li>● Stations checks</li> <li>● Knowledge checks</li> <li>● Peer assessments</li> </ul> <p>** Students will be assessed daily on their understanding and proficiency level of warm up and activity periods. This assessment will be based off a written rubric.</p>
<b>Resources</b>	<ul style="list-style-type: none"> <li>● Various Levels of Technology <ul style="list-style-type: none"> <li>○ Videotape</li> <li>○ Yoga Studio App</li> </ul> </li> <li>● P.E. Central Lesson Ideas</li> </ul>
<b>Strategies</b>	<p><u>Coaches Eye</u> for the purpose of...</p> <ul style="list-style-type: none"> <li>● student reflection / assessment</li> <li>● teacher assessment</li> <li>● peer assessment</li> <li>● feedback opportunities</li> </ul> <p>Other Teaching Strategies...</p> <ul style="list-style-type: none"> <li>● individual work</li> <li>● divergent problem-solving</li> <li>● direct teaching</li> <li>● Sport Education Model</li> <li>● Peer Teaching Model</li> <li>● Tactical Games Model</li> <li>● Guided Discovery Model</li> </ul>
<b>Behaviors</b>	<p>Students will learn to...</p> <ul style="list-style-type: none"> <li>● Persevere</li> <li>● Play fair</li> <li>● Take turns</li> <li>● Peer assess</li> </ul>