

# Chino Valley Unified School District

## High School Course Description

A. CONTACTS	
<b>1. School/District Information:</b>	School/District: Chino Valley Unified School District Street Address: 5130 Riverside Dr., Chino, CA 91710 Phone: (909) 628-1201 Web Site: chino.k12.ca.us
<b>2. Course Contact:</b>	Teacher Contact: Office of Secondary Curriculum and Instruction Position/Title: Director of Secondary Curriculum and Instruction Site: District Office Phone: (909) 628-1201 X1630
B. COVER PAGE – COURSE ID	
<b>1. Course Title:</b>	Physical Education – Yoga
<b>2. Transcript Title/Abbreviation:</b>	PE Yoga
<b>3. Transcript Course Code/Number:</b>	5611
<b>4. Seeking Honors Distinction:</b>	No
<b>5. Subject Area/Category:</b>	Physical Education/Elective
<b>6. Grade Level(s):</b>	9-12
<b>7. Unit Value:</b>	5 units per semester/10 credits
<b>8. Course Previously Approved by UC:</b>	No
<b>9. Classified as a Career Technical Education Course:</b>	No
<b>10. Modeled after an UC-approved course:</b>	No
<b>11. Repeatable for Credit:</b>	Yes
<b>12. Date of Board Approval:</b>	July 17, 2014
<b>Date of Revision Approval:</b>	March 19, 2020
<b>13. Brief Course Description:</b>	This course is designed to introduce students safely and accessibly to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and build strength in the mind and body. The aim of this course is to promote vibrant health and lifelong fitness.
<b>14. Prerequisites:</b>	None
<b>15. Context for Course:</b>	This course utilizes the current state standards required for Physical Education (PE) and is a compliment to the Physical Education curriculum. This course is designed to introduce and expose students to the practice of yoga as an integrated part of their Physical Education experience as well as a vehicle to discover the importance of connecting their mind with their physical well-being. The applications throughout the course allow students to experience the immediate benefits of yoga and adopt the ideals as a lifelong practice.
<b>16. History of Course Development:</b>	The curriculum for this course originated from the stunts and tumbling requirement for the 9th grade California State Standards adopted in January of 2005 and revised in 2009. Since its adoption in 2014, PE-Yoga has grown as a popular and rigorous alternative to traditional PE courses. With the inclusion of Course 1 Standards into the course, it now meets the requirements in preparing students to take the 9 <sup>th</sup> grade Physical Fitness Test.
<b>17. Textbooks:</b>	None
<b>18. Supplemental Instructional Materials:</b>	Yoga mat, Music, Bluetooth speaker

# Chino Valley Unified School District

## High School Course Description

	<p><b>For Teacher’s Reference:</b></p> <ul style="list-style-type: none"> <li>• Yoga for Beginners; Ansari, Mark and Lark, Liz; New York: Harper Collins Publishers, Inc., 1998</li> <li>• The Yoga Handbook; Belling, Noa; New York: Barnes &amp; Noble Books, Inc., 2001</li> <li>• Yoga, 28 Day Exercise Plan; Hittleman, Richard; New York: Workman Publishing Co., Inc., 1969</li> <li>• 101 Essential Tips Yoga; Sivananda Yoga Vedanta Centre; New York: DK Publishing, Inc., 1995</li> <li>• The Sivananda Companion to Yoga; Sivananda Yoga Center; New York: Simon &amp; Schuster, Inc., 2000</li> </ul>
--	--

**C. COURSE CONTENT**

**1. Course Purpose:**

The purpose of this course is to provide students with a foundation of basic skills, knowledge, and practice in the field of yoga. Students will utilize this foundation and learn to apply their yoga practice to the demands of their environment. Through this course, with the acquisition of the basic skills of yoga, students can develop an individual practice addressing independent concerns and experience its long-term benefits.

This course is aligned with the Physical Education model content standards for California public schools addressed for grades 9-12.

**2. Course outline:**

Students explore and utilize alternative methods to balance social, home, and academic life. This course addresses proper breathing techniques, balance, flexibility, stress management, and mindfulness. The study of yoga through physical education can enable students to put into practice these techniques creating better thinkers, problems solvers, and communicators. With the demands of modern living and the exposure to vast social technology and media, students can learn and practice self-control and peace of mind with exposure to the practice of yoga. This course provides a program for students to enjoy physical activity presented in a non-traditional format addressing the social and emotional demands of our students’ current environment.

**Unit 1: History and Philosophy**

Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principle, and strategies.

- 2.6 Identify the physical fitness requirements of an occupation
- 2.11 Explain the role of physical activity in the prevention of disease
- 3.4 Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one’s best in physical activities
- 3.8 Recognize the value of physical activity in understanding multiculturalism

Students will:

- Identify the historical foundations and principles of yoga
- Debate the origin and chronology of yoga
- Differentiate between yoga as a physical practice and a religion
- Apply the individual recognition of yoga as a lifelong practice

**Unit 2: Breathing Techniques**

Students will demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

- 3.1 Engage independently in aerobic activities

# Chino Valley Unified School District

## High School Course Description

3.2 Develop personal goals to improve performance in aerobic activities

3.4 Identify and analyze aerobic activities that enhance both personal enjoyment and the challenge in individual and dual activities

3.5 Evaluate the risks and safety factors that may affect participation in aerobic activities throughout a lifetime

Students will:

- Understand the biomechanics of breathing
- Learn and practice different forms of pranayama breathing
- Learn and practice diaphragmatic breathing
- Learn and practice shallow breathing
- Learn and practice ujjayi breathing

### Unit 3: Physical Application and Performance

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

1.9 Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities

1.12 Demonstrate independent learning of movement skills

3.4 Evaluate the risks and safety factors that may affect participation in individual and dual activities throughout a lifetime

Students will learn and demonstrate yoga poses from posture types as follows:

- Back, side, and forward bending
- Balancing
- Core strength
- Twisting

### Unit 4: Advanced Application

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

1.1 Combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity

1.3 Create or modify practice/training plans based on evaluative feedback from skill acquisition and performance

1.4 Practice individual and dual activities in real-world settings

2.3 Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in individual and dual activities

2.2 Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of a selected individual or dual activity

3.7 Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace

Students will learn and demonstrate yoga poses from posture types as follows:

- Back, side, and forward bending
- Balancing
- Core strength
- Twisting

### 3. Key assignments:

#### Unit 1: History and Philosophy:

Students will gain an understanding of the history and philosophy of yoga as studied in the documented origin years. Students will use chosen and approved websites or applicable literature defining and expounding on the definitions of

# Chino Valley Unified School District

## High School Course Description

---

yoga and the correlating philosophies. Students will have a choice of presenting found knowledge in either written or oral format adhering to defined instructions. The student will learn the origin of yoga, its varied philosophies, and apply this information to their practice.

### **Assignments:**

- Investigate and read relevant information defining and describing the history of yoga
- Present information gained through reading of history of yoga either in written or oral format
- Investigate and read relevant information defining and describing the many philosophies of yoga
- Present information gained through reading of the philosophies of yoga either in written or oral format
- Develop personal philosophy of yoga as it pertains to individual need
- Apply individual yoga philosophy to daily life in effective manner
- Learn methods of adapting yoga philosophy applicable to changing social environment

### **Unit 2: breathing techniques:**

Students will exhibit several examples of breathing techniques used during yoga practice. During the flow of yoga practice, students will make use of appropriate breathing technique applicable to required yoga pose(s). The student will learn the differences in yoga breathing combined with the respective yoga pose(s).

### **Assignments:**

- Read past and current trends in different forms of breathing used in the practice of yoga
- Learn to utilize different forms of pranayama breathing within the structure of yoga practice
- Use different forms of pranayama breathing when encountered with different poses and balances during yoga practice
- Exhibit effective breathing techniques during yoga practice and be able to adapt and adjust as the flow of yoga practice continues
- Apply learned relaxation breathing techniques during savasana and restoration

### **Unit 3: Physical Application and Performance**

Students will demonstrate learned yoga poses flowing from one to another utilizing appropriate breathing techniques. Students may produce this yoga flow either individually or in group format. The students will follow the prompt lead by the teacher or student leader using a pre-planned routine or an open flow format. The students will learn how to quickly and physically adjust to commands, prompts, and suggested adjustments from the instructor. The student will gain appreciation for the demands of yoga practice and make conscientious decisions concerning individual limitations.

- Apply learned proper conduct and behaviors required for effective yoga practice
- Cultivate respect and appreciation of others' yoga practice by honoring the community environment of the yoga session
- Apply learned respectful behaviors required for effective yoga practice outside the classroom boundaries
- Test individual limits requiring flexibility, strength, balance, and endurance
- Engage in complete focus on oneself during yoga practice
- Continue flow of yoga poses into prolonged set practice
- Utilize learned flow routines to enhance cardiovascular endurance
- Physically present knowledge of learned yoga poses in individual or partner setting

### **Unit 4: Advanced Application**

The student will effectively demonstrate specific yoga poses in a moderately timed position then flowing to the next pose. Using poise and decorum, the student will flow from one pose to the next without demonstration from the teacher. The student will demonstrate competence in advanced poses and continue with a balance pose, completing the yoga practice with savasana (relaxation). The student will learn effective methods to complete a planned flow session of yoga identifying all poses without teacher prompt. The student will also learn the power and depth of yoga and make connection with the physical body and the internal emotions and energy inside.

- Present prepared yoga routine including use of music
- Incorporate advanced yoga poses into individual yoga practice

# Chino Valley Unified School District

## High School Course Description

---

- Practice flow of yoga poses without teacher prompt
- Present yoga routine using advanced poses either individual, partner, or group setting
- Weekly personal journal entry – individual reflection, physical reflection
- Cumulative vocabulary terms and identifiers
- Related current event discussion/oral presentation
- Demonstration of asana
- Demonstration of flow asana
- Written description of asana
- Self-analysis of progression of asana (verbal, written)
- Small group presentation - each student role-plays as both teacher and student

#### **4. Instructional Methods and/or Strategies:**

Active Participation: Teachers will incorporate the principles of active participation and specific strategies to ensure consistent, simultaneous involvement of the minds of all learners in the classroom. Teachers should include both covert and overt active participation strategies, incorporating cooperative learning structures and research. Some of the possible active participation strategies include:

- Strategy for personal, social, and physical development
- Team Building Activities
- Collaboration
- Small group Activities
- Personal Reflections on Individual Progression

#### **5. Assessment Including Methods and/or Tools:**

The evaluation of student progress and evaluation will be based on the following criteria outlined in board policy:

- Assessments: 60-75% of the final grade
- Assignments and class discussions: 25-40% of the final grade

Student achievement in this course will be measured using multiple assessment tools including but not limited to:

- Attendance, promptness, dress (daily points)
- Participation, cooperation, sincere effort (daily points)
- Demonstration of yoga etiquette and mutual respect (daily points)
- Small group demonstration (rubric assessed)
- Personal reflection - written/oral