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| **Phase 1:** Intended Curriculum | | | |
| **Week of: 10/19/15** | **Teacher: J. Brooks** | **Physical Education** | **6-8** |
| **Standards and Elements:**  PE 6.1, PE 7.1, PE 8.1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.  PE 6.2, 7.2, 8.2 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.  **Learning Targets:** *(What does the teacher expect the students to know, understand and be able to do?)* Students will use yoga poses to stretch warmed muscles and as a method for coping with stress. Students will understand how stretching improves flexibility and how flexibility contributes to overall health and wellness. | | | |

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| **Phase 2:** Delivered Curriculum | | |
| **Activator** | Students will take resting heart rates.  Students will warm-up by running around the red line of the gymnasium floor. They will then come together for a variety of stretches tailored to the day’s activity.  Students will take their target heart rates. | |
| **Mini Lesson** | Teachers will lead students in a deep breathing yoga exercise. Teachers will discuss how deep, three-part breathing helps to reduce resting heart rate, alleviate stressors, and aid in flexibility and relaxation. | |
| **Work Session** | Students will work through a variety of yoga poses to improve and increase flexibility and cope with physical and emotional stress. | |
| **Closing/Summarize** | Students will practice deep relaxation using a sequence of muscle tightening and releasing techniques. Students will take resting heart rate and compare to resting heart rate at the beginning of class. | |
| **Differentiation**  **Based on Data** | **Groupings:**  **Other**  Students will work in whole group for the entirety of the yoga lesson.  **Accommodations and Modifications:**  Students with orthopedic impairments are given modified courses during warm-ups. They are also partnered with students who will assist when needed. | |
| **Phase 3: Achieved Curriculum** | | |
| **Evidence of Learning**  **Assessments** | **Summative Assessment:**  Choose an item. | **Formative Assessment:**  Observation  I will observe students as they perform skills and movement patterns related to Yoga. |
| **Teacher Reflection**  *(Evaluation of Data /Next Step)* | **The plan for the following unit will be based on the results of the PreSLOs, as well as on the skills observation test.** | |
| **ADDITIONAL INFORMATION** | | |
| **Technology**  **Integration** | Choose an item.  **Comments:** | |
| **Homework** |  | |
| **Material/Resources** | **Yoga Mats/Music/Watch** | |
| **Other** |  | |