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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:**ObservationI 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** |  |