

UBD Unit Design Template

Time Frame: Semester	Unit Title: Mindfulness & Yoga	Course Name: Mindfulness & Yoga
Stage 1: Desired Results		
Established Goal(s)	Transferable Skills	
<u>Enduring Understandings</u> <i>(Big Ideas)</i> Standard 1: Perform a variety of motor skills and movement patterns effectively Standard 2: Apply knowledge of components, principles, strategies, and tactics to related movement and performance Standard 3: Apply knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness Standard 4: Demonstrate and self-assess respect for self and others, and the value of physical activity Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/ or social interaction	<i>Students will be able to independently use their learning to...</i> <ul style="list-style-type: none"> • Demonstrates competency and/or refines activity specific movement skills in multiple styles of Yoga • Accurately and appropriately applies the terminology associated with mindfulness and yoga practice • Uses movement concepts and principles(force, motion, rotation, speed vs accuracy) to analyze and improve performance of self or others • Discusses the benefits of a physically active & mindful lifestyle • Engages in physical activity • Demonstrates appropriate technique and implementation of a yoga program that develops balance in opposing muscle groups and supports a healthy and active lifestyle • Employs effective self management skills • Exhibits respect for others and teamwork • Uses communication skills and strategies that promote team and group dynamics • Problem solves, thinks critically, uses and applies strategies to mindfulness practices • Accepts others ideas, skill level, body type • Applies best practices for safety & use of equipment • Chooses an appropriate level of challenge to experience success • Identify and evaluates the opportunities for social interaction and support through lifelong physical activity with concentration on a yoga practice 	
	Meaning	
	<u>Understandings</u> <i>Students will understand...</i> That a consistent yoga practice is used to maintain and/or improve a physically active lifestyle. Mindfulness is an exercise of the mind to create calmness and help with the ability to respond to a situation rather than just reacting to the situation. The benefit of effective self-management, communication skills, acceptance of self and others' ideas and skill levels to promote good team dynamics and comfort levels in class.	<u>Essential Questions</u> How does responsible personal and social behavior along with mindfulness result in respect for self and others. What are the benefits of living a physically active lifestyle? What are the benefits of living a lifestyle using conscious mindfulness?

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	<p>The lifelong benefits of mindfulness and yoga on mental, social and physical health.</p>	
	<p>Acquisition</p>	
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> • Different Styles of Yoga (ie. vinyasa, gentle, power, restorative) • Different Meditation Practices (ie. breathwork focus, Guided, visualization, walking) • Self-Mantras for self- acceptance and personal growth • Benefits of mindful journal writing on mental health • Social, mental and physical benefits of living a physically active & mindfulness lifestyle. 	<p><i>Students will be able to...</i></p> <p>Key skills students will acquire from the lesson, unit, or course.</p> <p>Apply Mindfulness practices working towards personal acceptance and understanding.</p> <p>Recognize and Create different types of yoga practices</p> <p>Journal Reflectively</p> <p>Demonstrate physical improvement or maintenance in the yoga skills being taught in class</p>