

Yoga Guidelines for Individual Lifetime Activities Credit

Introduction:

The goal of Physical Education is to develop healthy, responsible students who have the knowledge, skills, and dispositions to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle. For graduation, students must complete courses in each of the following physical education courses: Participation Skills and Techniques, Fitness for Life, and Individual Lifetime Activities. Yoga courses may be used to fulfill the graduation requirement for Individual Lifetime Activities when the course meets the Core Standards. This guidance document outlines how a yoga course fulfills the graduation requirement using the strands from the Utah Core Standards for Physical Education.

Strand 1: Students will achieve a level of competency in motor skills and movement patterns.

Yoga.1.1: Recognize the importance of correct standing and sitting posture and how posture improves kinesthetic awareness and body functions.

Yoga.1.2: Cultivate breath control (e.g., ujjayi, fire breathing, alternate nostril breathing) by lifting and lengthening the spine.

Yoga.1.3: Identify and demonstrate proper standing and sitting body alignment for example, five-point posture check: feet and knees, hips and pelvis, shoulder and chest, head and neck.

Yoga.1.4: Demonstrate sun salutation A and B.

Yoga.1.5: Learn the benefits and practice poses for variations of hip openers, upper body, lower body, balancing, core, inversions, and backbends.

Strand 2: Students will apply knowledge to attain efficient movement and performance.

Yoga.2.1: Learn and define yoga and yoga philosophy (e.g., eight limbs, chakras, mudras, mantras).

Yoga.2.2: Comprehend and demonstrate a variety of yoga poses.

Yoga.2.3: Promote knowledge and awareness of skeletal alignment and body mechanics, emphasizing a safe and intelligent use of the body including wrist strengthening, stretching, and hand placement.

Yoga.2.4: Learn the concept of pranayama breathing as a life force, how it can be used as a tool, and how being consciously aware of breath improves health and wellness in daily life and performance of activity.

Yoga.2.5: Demonstrate how vinyasa flow connects movement with breath.

Yoga.2.6: Learn vocabulary and terms for efficient spinal movements (e.g., lateral flexion, spine extension, spine flexion, twisting).

Yoga.2.7: Practice relaxation techniques and explain how the techniques affect cognitive function, emotional, and physical health.

Yoga.2.8: Learn muscular and skeletal terminology to enhance body awareness.

Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.

Yoga.3.1: Demonstrate and understand the benefits of yoga which includes physical, emotional, and social health.

- a. Demonstrate and understand the physical benefits of yoga (e.g., strength, coordination, balance, flexibility, range of motion).
- b. Demonstrate and understand the emotional benefits of yoga (e.g., mindfulness, positive self-talk, stress management, decision making, concentration, reduce tension and anxiety).
- c. Demonstrate and understand the social benefits of yoga (e.g., respect of self and others, compassion, alleviate social anxiety, letting go of ego).

Yoga.3.2: Understand different types of yoga (e.g., Hatha, Vinyasa, Yin, Ashtanga, Power, Acro, Children's Yoga, Hot Yoga, Restorative).

Yoga.3.3: Develop a working knowledge of incorporating yoga poses into sequences.

Yoga.3.4: Understand how to modify poses, including the use of yoga props, to meet individual physical abilities through the lifespan.

Yoga.3.5: Explain how proper technique and alignment increase flexibility, stability, and strength and prevent injury.

Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.

Yoga.4.1: Understand and demonstrate the benefits of breathing for stress management and energy promotion.

Yoga.4.2: Learn meditation techniques to achieve a mentally clear, emotionally calm, and stable state.

Yoga.4.3: Practice positive self-talk and body appreciation.

Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.

Yoga.5.1: Learn mindfulness practices that support total health and wellness.

Yoga.5.2: Focus on self-improvement and learn to remove negative influences.

Yoga.5.3: Relate the use of SMART goals to yoga practices (e.g., increase range of motion, holding balancing poses, increase positive self-talk, stress management, self-reflection).

Yoga.5.4: Develop a life-long, ongoing personal yoga practice.