

# UBD Unit Design Template

Time Frame: Semester	Unit Title: Mindfulness & Yoga	Course Name: Mindfulness & Yoga
<b>Stage 1: Desired Results</b>		
<b>Established Goal(s)</b>	<b>Transferable Skills</b>	
<p><u>Enduring Understandings</u> (Big Ideas)</p> <p>Standard 1: Perform a variety of motor skills and movement patterns effectively</p> <p>Standard 2: Apply knowledge of components, principles, strategies, and tactics to related movement and performance</p> <p>Standard 3: Apply knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness</p> <p>Standard 4: Demonstrate and self-assess respect for self and others, and the value of physical activity</p> <p>Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/ or social interaction</p>	<p><i>Students will be able to independently use their learning to...</i></p> <ul style="list-style-type: none"> <li>● Demonstrates competency and/or refines activity specific movement skills in multiple styles of Yoga</li> <li>● Accurately and appropriately applies the terminology associated with mindfulness and yoga practice</li> <li>● Uses movement concepts and principles( force, motion, rotation, speed vs accuracy) to analyze and improve performance of self or others</li> <li>● Discusses the benefits of a physically active &amp; mindful lifestyle</li> <li>● Engages in physical activity</li> <li>● Demonstrates appropriate technique and implementation of a yoga program that develops balance in opposing muscle groups and supports a healthy and active lifestyle</li> <li>● Employs effective self management skills</li> <li>● Exhibits respect for others and teamwork</li> <li>● Uses communication skills and strategies that promote team and group dynamics</li> <li>● Problem solves, thinks critically, uses and applies strategies to mindfulness practices</li> <li>● Accepts others ideas, skill level, body type</li> <li>● Applies best practices for safety &amp; use of equipment</li> <li>● Chooses an appropriate level of challenge to experience success</li> <li>● Identify and evaluates the opportunities for social interaction and support through lifelong physical activity with concentration on a yoga practice</li> </ul>	
	<b>Meaning</b>	
	<p><u>Understandings</u></p> <p><i>Students will understand...</i></p> <p>That a consistent yoga practice is used to maintain and/or improve a physically active lifestyle.</p> <p>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.</p> <p>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.</p>	<p><u>Essential Questions</u></p> <p>How does responsible personal and social behavior along with mindfulness result in respect for self and others.</p> <p style="color: #c00000;">What are the benefits of living a physically active lifestyle?</p> <p style="color: #c00000;">What are the benefits of living a lifestyle using conscious mindfulness?</p>

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	<p>The lifelong benefits of mindfulness and yoga on mental, social and physical health.</p>	
<b>Acquisition</b>		
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>● Different Styles of Yoga ( ie. vinyasa, gentle, power, restorative)</li> <li>● Different Meditation Practices (ie. breathwork focus, Guided, visualization, walking)</li> <li>● Self-Mantras for self- acceptance and personal growth</li> <li>● Benefits of mindful journal writing on mental health</li> <li>● Social, mental and physical benefits of living a physically active &amp; mindfulness lifestyle.</li> </ul>	<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>