

**ACALANES UNION HIGH SCHOOL DISTRICT
COURSE OF STUDY: CURRICULAR AREA – PHYSICAL EDUCATION**

<u>COURSE TITLE:</u>	PE Yoga, Pilates & Fitness Training
<u>GRADE LEVEL:</u>	10-12
<u>COURSE LENGTH:</u>	Semester
<u>PREFERRED PREVIOUS</u>	PE 9
<u>COURSE OF STUDY:</u>	
<u>CREDIT:</u>	5 credits
<u>UC/CSU CREDIT:</u>	No
<u>GRADUATION REQUIREMENT:</u>	Fulfills 5 credits of Physical Education credit required for graduation
<u>STANDARDS AND BENCHMARKS:</u>	Physical Education Model Content Standards for California Public Schools
<u>ADOPTED:</u>	May 17, 2017
<u>INSTRUCTIONAL MATERIALS:</u>	NA
<u>GRADING GUIDELINES:</u>	See AUHSD Grading Guidelines: Final Mark Rubric and Final Course mark Determination Components

COURSE DESCRIPTION:

This course provides an exercise experience using a non-competitive approach. The primary physical activities involve experiences in yoga, Pilates and other whole-life fitness programming. Students will establish a set of personal fitness goals. One course goal is to harmonize the body, mind, and spirit through a combination of physical movement, yoga postures, breathing and biofeedback techniques.

COURSE OBJECTIVES:

1. Introduce students to basic postures, breathing techniques, and relaxation methods in yoga.
2. Students will experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and better connect to their everyday life.
3. Utilize appropriate training principles to develop/enhance whole body and core strength using Pilates and other fitness training methods.
4. Develop mindfulness techniques using guided meditations to enhance students' ability to live and perform in the present.

ASSESSMENT:

- Observation
- Written Assessment
- Skills Performance Assessment
- Peer Evaluation
- Self-Evaluation/Reflection

INSTRUCTIONAL THEMES:

Upon completion of the course, student will:

1. Demonstrate independent learning of movement skills.
2. Understand how to maintain a health enhancing active lifestyle while participating in physical activities that reflect personal interests.
3. Discover and develop skill and enthusiasm for a whole life activity in order to be an active participant in adult life.
4. Identify and achieve a personal level of excellence in whole life physical fitness.

COURSE CONTENT:

Topics:

Breathing Techniques

Goals:

- Students will learn how use appropriate breathing techniques to calm themselves, enhance awareness, and transition from pose to pose
- Students will learn a variety of poses and sequences to enhance fitness parameters including balance, flexibility, and strength.

Asanas / Postures

- Students will utilize Pilates and strength training techniques to improve overall body strength and fitness
- Students will utilize mindfulness and meditation to help manage and alleviate stress, become more aware of their present, and calm the mind.

Pilates/Strength Training

Activities:

Mindfulness/Meditation/Relaxation

- Introduction to and practice of breathing techniques
- Participation in guided Asanas/postures
- Participation in Pilates and strength training activities
- Guided and unguided meditation time