

PE Electives



Foundations of Yoga for Wellness (1 Semester)

Students will explore the impact of yoga on the body systems and understand basic movement principles. Students will learn alignment, safe execution of poses and modifications. In addition, self-care, gratitude, mindfulness, and community will be themes explored throughout the semester.

Quarter	Unit Title & Description
1	Unit 1 - It's Science - How yoga benefits the body and mind
1	Unit 2 - How Do I Begin - Getting started w/yoga: mindfulness, breathing, safety, etiquette & function of props
1	Unit 3 - The Building Blocks of Practice - Yoga poses & their modifications, muscle groups used and benefits
2	Unit 4 - Complementing a Yoga Practice - Self-care, gratitude, empathy/compassion, service & community
2	Unit 5 - Developing a Daily Practice - Creating a plan for personal practice