

Year at A Glance Yoga, Pilates PLUS
 11-12 Grade “At A Glance Curriculum Map” 2016-2017

Month	Week/s	Skills/ (Add enduring understandings)
September	Week of Sept.	Health and safety standard reviewed Photo ID taken Lockers distribution and class expectations. Hand out course rubric and test rubric Discussion of resting heart rate/active heart rate Fitness walk utilizing HIIT Training principles and exercises Understanding that student can create a fitness walk and exercise anywhere Demonstrate, apply exercises to work specific muscle groups
October		Body toning utilizing steps and light weights Bosu balls, Gym sticks, exercise balls, kettle balls, foam rollers for flexibility Introduce, educate utilization of equipment to improve tone
November		Pilates creation and breathing technique Pilates positions introduced Teacher led instruction Routines for Pilates presented Understand flexibility, core development
		Thanksgiving Break November 24 th and 25 ^h
December		Introduce Pilates routines and explore ways Pilates can be adapted to meet sport and fitness needs Routines for Pilates presented
		Holiday Break - December 26 – January 1st
January		Continue Pilates routines Pilates assessment performance of randomly chosen Pilates exercises
February		Introduction to Yoga (History/ types of Yoga) Salutations/Vinyasa/Poses Explore different types of Yoga and how it can be adapted to meet fitness, personal and training needs
		Winter Recess February 20 th – February 24th
March		Students create a personal vinyasa

		<p>Vinyasa presentations</p> <p>Students will work cooperatively to analyze, create and present a flowing Vinyasa</p>
April		<p>Zumba</p> <p>Students will demonstrate use of different steps to elevate heart rate</p> <p>Tai Chi</p>
		<p>Spring Break April 10th - April 14th</p>
May		<p>Self defense</p> <p>Awareness of safety techniques</p> <p>How to apply self-defense techniques</p> <p>Use of the Red man suit</p>
June		<p>Clean locker</p>