

# Yoga for Young Minds Mill Valley Middle School



# Yoga for Young Minds 2016-17

Physical Education Standards for  
California Public Schools

“Student Testimonials”

Common Core and the  
Mindful Practice of Yoga

Learning Goals and Assessment

This project will build on the success of two previous years, in which students, parents and teachers alike observed real benefits in the lives of our students.



"I thought that yoga was really fun. It was really calming and prepared me for the rest of the school day."

With an expanded scope, all students at the school can now share a common experience and perspective on mindfulness.



"I've never seen our class so quiet after a P.E. lesson."

## California State Physical Education Standards

*“The content standards emphasize the way in which students move through space and time in their environment... the continuity and change in movement, the manipulation of objects in time and through space, and with accuracy...”*

• <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>



Through simple movements and clear alignment, yoga develops flexible, fluid and balanced strength.

*Design and perform smooth, flowing sequences... rhythmic patterns that combine traveling, rolling, balancing, and transferring weight.*

*• <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>*



The practice of yoga meets the curricular criteria in physical education by “training” the whole body with flexibility, core strength and balance.

Yoga is a highly effective way to cross train with other sports, helping kids on the track, field or court.

*“Thank you so much for bringing the yoga unit! I wasn’t sore afterwards, which is a rare thing. I would love yoga next year!”*

*Explain how movement qualities contribute to the aesthetic dimension of physical activity.*

• <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>



Yoga provides for all students a non-competitive way to explore highly beneficial movement.

*“Christopher didn't only teach the yoga moves but also gave some information about them. I loved all the stretches and found it very relaxing.”*



*Evaluate the effect of expressing encouragement to others while participating in a group physical activity.*

• <http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf>

Yoga is a fun way to move and grow. Students are encouraged to do their best, and to be open to learning about themselves and others.

*“I thought that yoga was really fun. It was really calming and prepared me for the rest of the school day.”*



## Common Core and the Mindful Practice of Yoga

Yoga can prepare students to fully participate in the common core classroom, regardless of subject. Yoga develops skills for listening, critical thinking, speaking and engaging in curriculum, sharpening the mind for any creative task at hand.



*“Yoga was really fun, relaxing, and helped me do better in my next class!”*

Yoga develops our awareness and ability to listen, focus and have presence with the learning tasks we are engaged in.

*“Yoga really enlightened me and it helped me get an A+ on my math test. Please bring yoga to every child. Thanks!”*



## Yoga for Young Minds Format

Christopher will work with each P.E. teacher in 4 sessions thru 2016-17.

3 Classes for each student



Christopher Love, E-RYT is an experienced and highly trained instructor, certified with the National Yoga Alliance.

In 2014 and 2015 with the help of KIDDO, he taught Melissa Palmer's students. He teaches and lives in our community.

## Learning Goals and Assessment

At the end of 3 sessions assessment will be as follows:

- Students demonstrate a working knowledge of the postures and how they integrate with movement and breath.
- Students demonstrate the ability to focus and pay attention to the practice.

*“I did yoga in P.E. and then later I got an “A” on my math test. The best I’ve ever done! Yoga is enriching for the young mind and spirit, and I truly found myself in this unit.”*

