

YOGA FIT

SCOPE AND SEQUENCE

Skill	Content	Minimum # of Classes
Introductory	Set up a positive classroom environment	2
Net games	Tennis	3
Net games	Badminton	4
Net games	Pickleball	3
Yoga	Poses, meditation, yoga routines, create your own routine	12
Fitness	Safety, fitness center walkthrough, fitness walking	10
Dance	Heel toe polka, disco dance, footloose	2
Cooperative learning	Cooperative/Team Building games, Low ropes	10
Cooperative games	Mat ball, boffle ball, guard the pin, triangle ball, wompum tag	10
Lifetime sports	Snow shoeing, disc golf	4