



PE Central Professional Development

Course Name: Introduction to Teaching Yoga in PE

Course Dates: Ongoing

Cost: \$49.00

Credit: 4 hours

Instructor: Yoga Foster

Assignments:

- Quizzes on reading assignments
- Discussion Board questions and reflection
- Creation of Yoga Burst
- Creation of Full Length Yoga Class

Who Should Take: We have designed this online course for physical education teachers working with grades pre-K through 5th grade.

Course Purpose/Description: The purpose of this course is to introduce the concept of yoga as a form of stand-alone physical activity that can be used in the Physical Education setting, and demonstrate how yoga aligns with SHAPE America's National PE Standards for evaluating student fitness. Upon completion of the course, Physical Education teachers should feel prepared to lead a week-long yoga unit.

Benefits:

- Flexibility - Complete assignments at your own pace and schedule
- Grade free - Complete your assignments and wait for mentor to check as P/F

What you will get out of the course:

- 4 hours of Professional Development credit (no college credits at this time)
- Yoga Videos of Poses and Yoga Flows
- Certificate of completion

What you need to take the course:

- Access to the Internet using a computer (a tablet will not work at this time)

To Learn More Contact Mark Manross at PE Central

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Currently enrolling at
ssww.teachable.com