

# MIDDLEBOROUGH PUBLIC SCHOOLS

## [Yoga]

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### [Fitness Grades 6-8]

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**This unit is designed to teach students the many physical, mental, and social health benefits of yoga. Students in this unit will also be exposed to a variety of yoga poses, each with a specific targeted goal (such as improving strength or balance). The overall goal of this unit is to enable the students to use yoga as a way to improve their fitness levels in each domain and be able to participate in yoga outside of class, whether they take a class or use it as a method to relax before bed.**

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## Unit Plan

Stage 1 Desired Results		
<p><b>ESTABLISHED GOALS</b> <b>MA Standards:</b></p> <p><b>2.11</b> Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.</p> <p><b>2.12</b> Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.</p> <p><b>2.13</b> Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.</p> <p><b>2.15</b> Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.</p>	<i>Transfer</i>	
	<p><i>Students will be able to independently use their learning to...</i> <span style="float: right;"><b>T</b></span></p> <ul style="list-style-type: none"> <li>Use yoga as a way to improve their fitness levels in each domain and be able to participate in yoga outside of class</li> </ul>	
	<i>Meaning</i>	
	<b>UNDERSTANDINGS</b> <span style="float: right;"><b>U</b></span>	<b>ESSENTIAL QUESTIONS</b> <span style="float: right;"><b>Q</b></span>
	<p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> <li>Can verbally explain the proper technique for a variety of poses</li> <li>Knows the many physical, mental, and social health benefits of yoga</li> <li>Can identify the main focus of each yoga pose</li> </ul>	<ul style="list-style-type: none"> <li>Why is it important to participate in aerobic and anaerobic exercises?</li> <li>Why is it important to monitor your heart rate during exercise?</li> </ul>
	<i>Acquisition</i>	
<i>Students will know...</i> <span style="float: right;"><b>K</b></span>	<i>Students will be skilled at...</i> <span style="float: right;"><b>S</b></span>	
<ul style="list-style-type: none"> <li>The physical, mental, and social health benefits of yoga</li> <li>Yoga terminology and poses</li> <li>Proper execution of a variety of yoga poses</li> <li>How to choose yoga poses to target a specific goal</li> <li>That every workout should include a warm-up and cool-down</li> </ul>	<ul style="list-style-type: none"> <li>Properly executing a variety of yoga poses</li> <li>Identifying the goal of each pose</li> </ul>	

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## Stage 2 - Evidence

Evaluative Criteria	Assessment Evidence
<ul style="list-style-type: none"> <li>● Can properly perform a variety of yoga poses</li> <li>● Can verbally identify the focus of each yoga pose (strength, balance, etc)</li> <li>● Explains the many physical, mental, and social health benefits of yoga</li> <li>● Is able to participate in yoga routines</li> </ul>	<p><b>CURRICULUM EMBEDDED PERFORMANCE ASSESSMENT (PERFORMANCE TASKS) <span style="float: right;">PT</span></b></p> <ul style="list-style-type: none"> <li>● Effectively participates in yoga routines throughout each class</li> </ul>
	<p><b>OTHER EVIDENCE: <span style="float: right;">OE</span></b></p> <ul style="list-style-type: none"> <li>● Verbal questions throughout lessons related to both the essential questions, and specific poses, pose focus, and health benefits</li> <li>● Teacher observation of pose execution and completion of routines</li> </ul>

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## Stage 3 – Learning Plan

### *Summary of Key Learning Events and Instruction*

#### Learning Events:

- **Introduction to yoga:**
  - Go over physical, mental, and social health benefits
  - Review 3 important parts of every workout
  - Discuss the importance of controlling your breathing
- **Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat**
- **Cool-down: 3-5 minutes: Static Stretching**
- **Teacher lead class yoga routine with the focus on relaxation: child's pose, forward bend, corpse, extended triangle, legs up the wall, puppy pose, cat, supine spinal twist, seated spinal twist**
- **Teacher lead class yoga routine with focus on increasing flexibility: dolphin pose, low-lunge crescent pose, reclined, easy twist, reclining big toe pose, bound angle pose, downward-facing dog, extended triangle pose, fire log pose, head-to-knee forward bend, seated forward bend, side-reclining leg lift, standing forward bend, standing half forward bend, warrior 1 pose, wide-legged forward bend**
- **Teacher lead class yoga routine with focus on increasing balance: tree, pointer, warrior III, eagle, dancer's pose, one leg hip opener, high lunge, half moon, both big toe, standing mountain pose, chair pose, pyramid pose, supported shoulder stand, boat pose**
- **Teacher lead class yoga routine with focus on increasing strength: hover, side plank, plank, boat, sun god, table top, dolphin plank, extended side angle, four-limbed staff pose, locust pose, warrior I pose, warrior II pose, downward dog split, crescent lunge**
- **Students participate in a full yoga routine following a video**

#### Teaching:

- **Review class rules, health benefits, etc**
- **Skill specific corrective feedback**
- **Peer teaching opportunities**
- **Teacher and/or student demonstration of proper execution**

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## Lesson #1: Intro to Yoga

**Brief Overview of Lesson (what this lesson is about):** Introduction to yoga, unit rules, health benefits, etc. Yoga routine for relaxation

**Prior Knowledge Required:** None

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- The physical, mental, and social health benefits of yoga
- Yoga terminology and poses
- Proper execution of a variety of yoga poses
- How to choose yoga poses to target a specific goal
- That every workout should include a warm-up and cool-down

**Essential Question(s) addressed in this lesson:**

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Introduction to yoga:
  - Go over physical, mental, and social benefits of yoga
  - Discuss unit specific rules
  - Review 3 important parts of every workout (warm-up, exercise, cool-down)
  - Discuss importance of regulating breathing
- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Teacher lead class yoga routine with the focus on relaxation: child's pose, forward bend, corpse, extended triangle, legs up the wall, puppy pose, cat, supine spinal twist, seated spinal twist
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

Yoga for increasing flexibility

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## Lesson #2: Using Yoga to Increase Flexibility

**Brief Overview of Lesson (what this lesson is about):** Yoga routine for flexibility

**Prior Knowledge Required:** Basic knowledge of prior poses

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- The physical, mental, and social health benefits of yoga
- Yoga terminology and poses
- Proper execution of a variety of yoga poses
- How to choose yoga poses to target a specific goal
- That every workout should include a warm-up and cool-down

**Essential Question(s) addressed in this lesson:**

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Teacher lead class yoga routine with focus on increasing flexibility: dolphin pose, low-lunge crescent pose, reclined, easy twist, reclining big toe pose, bound angle pose, downward-facing dog, extended triangle pose, fire log pose, head-to-knee forward bend, seated forward bend, side-reclining leg lift, standing forward bend, standing half forward bend, warrior 1 pose, wide-legged forward bend
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

Yoga for increasing balance

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## Lesson #3: Using Yoga to Increase Balance

**Brief Overview of Lesson (what this lesson is about):** Yoga routine for balance

**Prior Knowledge Required:** Basic knowledge of prior poses

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- The physical, mental, and social health benefits of yoga
- Yoga terminology and poses
- Proper execution of a variety of yoga poses
- How to choose yoga poses to target a specific goal
- That every workout should include a warm-up and cool-down

**Essential Question(s) addressed in this lesson:**

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Teacher lead class yoga routine with focus on increasing balance: tree, pointer, warrior III, eagle, dancer's pose, one leg hip opener, high lunge, half moon, both big toe, standing mountain pose, chair pose, pyramid pose, supported shoulder stand, boat pose
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

Yoga for increasing strength

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## **Lesson #4: Using Yoga to Increase Strength**

**Brief Overview of Lesson (what this lesson is about):** Yoga routine for strength

**Prior Knowledge Required:** Basic knowledge of prior poses

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- **The physical, mental, and social health benefits of yoga**
- **Yoga terminology and poses**
- **Proper execution of a variety of yoga poses**
- **How to choose yoga poses to target a specific goal**
- **That every workout should include a warm-up and cool-down**

**Essential Question(s) addressed in this lesson:**

- **Why is it important to participate in aerobic and anaerobic exercises?**
- **Why is it important to monitor your heart rate during exercise?**

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Teacher lead class yoga routine with focus on increasing strength: hover, side plank, plank, boat, sun god, table top, dolphin plank, extended side angle, four-limbed staff pose, locust pose, warrior I pose, warrior II pose, downward dog split, crescent lunge
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

Using what we've learned to participate in a full yoga class

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## **Lesson #5: Taking Part in a Yoga Class**

**Brief Overview of Lesson (what this lesson is about):** Participating in a Yoga Class

**Prior Knowledge Required:** Basic knowledge of prior poses

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- **The physical, mental, and social health benefits of yoga**
- **Yoga terminology and poses**
- **Proper execution of a variety of yoga poses**
- **How to choose yoga poses to target a specific goal**
- **That every workout should include a warm-up and cool-down**

**Essential Question(s) addressed in this lesson:**

- **Why is it important to participate in aerobic and anaerobic exercises?**
- **Why is it important to monitor your heart rate during exercise?**

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Students participate in a full yoga routine following a video
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

Using what we've learned to participate in a full yoga class

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## **Lesson #6: Taking Part in a Yoga Class**

**Brief Overview of Lesson (what this lesson is about):** Participating in a Yoga Class

**Prior Knowledge Required:** Basic knowledge of prior poses

**Estimated Time (minutes):** 45 minutes

**Resources for Lesson (list resources and materials):**

**By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):**

- **The physical, mental, and social health benefits of yoga**
- **Yoga terminology and poses**
- **Proper execution of a variety of yoga poses**
- **How to choose yoga poses to target a specific goal**
- **That every workout should include a warm-up and cool-down**

**Essential Question(s) addressed in this lesson:**

- **Why is it important to participate in aerobic and anaerobic exercises?**
- **Why is it important to monitor your heart rate during exercise?**

**Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):**

**MA Standards:**

**2.11** Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

**2.12** Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

**2.13** Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

**2.15** Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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## Unit Goals:

- Properly executing a variety of yoga poses
- Identifying the goal of each pose

## Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

## Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Yoga is only for girls
- Yoga is just stretching

## Lesson Sequence

- Warm-Up: 3 minutes: 30 seconds jumping jacks 30 seconds of walking in place 30 seconds of skipping/jumping in place; and repeat
- Students participate in a full yoga routine following a video
- Cool-down: 3-5 minutes: Static Stretching
- Closing- review, rules, health benefits, and poses

## Formative assessment(s):

- Observation of performance throughout the routine

## Preview outcomes for the next lesson:

New Unit

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## List of Unit Resources

List and include resources by lesson sequence.

Lesson Number	Resources
1-4	<i>FitDeck Yoga</i>
5	<a href="https://www.youtube.com/watch?v=3SZ2xVnbcxY">https://www.youtube.com/watch?v=3SZ2xVnbcxY</a>
6	<a href="https://www.youtube.com/watch?v=rQaENEaAHqc">https://www.youtube.com/watch?v=rQaENEaAHqc</a>

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## Curriculum Embedded Performance Assessment (CEPA)

### 4- Above Grade Level

- Properly performs each pose in all routines
- Is able to name each pose and identify the main focus of the pose (strength, flexibility, etc)
- Can verbally explain all the health benefits in the three health domains: physical, mental, and social health
- Regards all classmates in a positive and supportive manner at all times, including offering help when a peer is performing a pose incorrectly

### 3- At Grade Level

- Properly performs most of the poses in each routine
- Is able to name each pose but is only able to identify the main focus of half of the poses (strength, flexibility, etc)
- Can verbally explain all the health benefits in two of the three health domains: physical, mental, and social health
- Regards all classmates in a positive and supportive manner at all times, including offering help when a peer is performing a pose incorrectly

### 2- Approaching Grade Level

- Properly performs about half of the poses in each routine
- Is able to name each pose but struggles to identify the main focus of the poses (strength, flexibility, etc)
- Can verbally explain all the health benefits in one of the three health domains: physical, mental, and social health
- Regards all classmates in a positive and supportive manner most of the time, But he or she struggles to accept help from peers and teachers when needed.

### 1- Below Grade Level

- Properly performs less than half of the poses in each routine
- Is able to name half of the poses performed and is unable to identify the main focus of the poses (strength, flexibility, etc)
- Can verbally explain a few of the health benefits in one of the three health domains: physical, mental, and social health
- Sometimes he or she regards classmates in a positive and supportive manner, but he or she struggles to accept help from peers and teachers when needed.

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