**Yoga Practice and Booklet**

**Name:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Expectations** | **level 1** | **level 2** | **level 3** | **level 4** |
| - demonstrates body awareness  - demonstrates an understanding of emotional connections  - follows and leads  - participates in pause, stillness, with music, without music | - demonstrates little understanding of body awareness  - explains few emotional connections  - participates with little focus and attention | - demonstrates some understanding of body awareness  - explains some emotional connections  - participates with some focus and attention | - demonstrates good understanding of body awareness  - explains emotional connections  - participates with focus and attention | - demonstrates a thorough understanding of body awareness  - clearly and thoroughly explains emotional connections  - participates with superior focus and attention |
| - demonstrates body awareness  - uses guided improvisation in a variety of ways  - demonstrates an understanding of emotional connections | - few elements of success criteria met  - demonstrates little understanding of body awareness, improvisation and emotions | - some elements of success criteria met  - demonstrates some understanding of body awareness, improvisation and emotions | - elements of success criteria met  - demonstrates a good understanding of body awareness, improvisation and emotions | - all elements of success criteria met  - demonstrates a thorough understanding of body awareness, improvisation and emotions |

\* excellent observation of others -> observe others

\* super focus -> focus in class

\* you understand how you feel -> think about how yoga makes you feel

\* you understand the purpose of yoga -> consider the purpose of various poses

-> complete your work

-> check success criteria

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