**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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