CLUB APPLICATION

1. Name of School:

Timberlake Senior High School

2. Grade band:

Ninth to Twelfth grade

3. Name of your club:

Yoga Club

4. Name of the person submitting this application:

Sarah Sheets

5. Name of student leader for the club:

Sarah Sheets and Sherrie Craddock

6. Name of staff supervisor/advisor:

Lindsey Davis-Smith

7. What is the purpose of the club?

The purpose of this club is for students to practice physical activity. Practicing yoga can improve strength, endurance, and mobility.

8. What if any is the financial obligation of the District?

9. To which class is this club aligned?

This class is aligned with P.E.

a. Which State Standards would be met through participation in this club?

This club meets Idaho Physical Education Content Standards 1, 3, 4, and 5 (grades 9-12). Students practice yoga as a lifetime activity (1.1.1) and build flexibility, muscular strength, and endurance (3.1.1). Student leaders model safe practice (4.1.2), and poses can be modified so students of all abilities are included (4.1.4). Joining the club is a way for students to choose physical activity on their own (5.1.3) and to work toward personal goals (5.1.5).

Standards addressed:

Standard 1: Skilled Movement
- 9-12.PE.1.1.1: Demonstrate competency in skills in leisure and lifetime activities.

Standard 3: Health Enhancing Personal Fitness
- 9-12.PE.3.1.1: Meet or sustain fitness standards for the health-related fitness components (flexibility, muscular strength, muscular endurance).
- 9-12.PE.3.1.4: Design individual programs for lifelong fitness using training principles.

Standard 4: Personal and Social Responsibility
- 9-12.PE.4.1.2: Demonstrate leadership by holding oneself and others to safe practices and rules.
- 9-12.PE.4.1.4: Accept and include people with different interests, backgrounds, characteristics, and abilities.

Standard 5: Valuing a Physically Active Lifestyle
- 9-12.PE.5.1.3: Independently choose and pursue physical activity opportunities outside of class.
- 9-12.PE.5.1.5: Enjoy the challenge of hard work and the satisfaction of achieving personal goals.

10. How often will you meet?

One day a week.

11. Where will the meetings take place?

Meetings will take place at Timberlake High School

12. What activities will you participate in?

Vinyasa yoga

14. What benefit will your club bring to your school?

This club will bring students together to learn and practice yoga. It will provide students an opportunity to socialize.