



Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: Chilliwack School District	School District/Independent School Authority Number (e.g. SD43, Authority #432): #33
Developed by: Mary Casey	Date Developed: January 12, 2018
School Name: Chilliwack Secondary School	Principal's Name: Mr. Brian Fehlauer
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: Mindfulness & Movement	Grade Level of Course: 11
Number of Course Credits: 4	Number of Hours of Instruction: 120

Board/Authority Prerequisite(s): none

Special Training, Facilities or Equipment Required:

Training should include a Mindful Based Stress Reduction Course (John Kabat-Zinn) or training in mindfulness, training in some form(s) of mindful movement, & education in exercise physiology and human biology.

Facilities/equipment would include a quiet space with access to music, yoga mats, yoga blocks, & bolsters.

Course Synopsis:

Mindfulness is an abiding “baseline” of awareness during all of life’s activities. It facilitates the ability to experience all situations (good and bad) without resistance and reactivity. In this course students will participate daily in gentle forms of mindful movement, such as yin yoga, qi gong, tai chi and walking. Students will explore various breathing techniques to learn how to manage stress and to regulate emotions. Students can expect to experience improvements in concentration and focus, productivity as well as quality of sleep.

Goals and Rationale:

In accordance with the goals for the Physical Health Education, this course will develop: an understanding of the many aspects of well-being, including physical, mental and social; the skills needed for lifelong participation in a range of activities; and the knowledge and strategies for building respectful relationships, positive self-identity, self-determination and mental well-being.

With the number of students dealing with anxiety and stress, there is a need for some positive coping strategies. The gentle forms of exercise that are included will improve flexibility, strength and balance. With discussions around proper nutrition and self-care, students will see improvements in their overall wellness that will improve their focus in all of their courses.

Aboriginal Worldviews and Perspectives:

Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).

Learning involves patience and time.

Learning requires exploration of one's identity.

Learning involves recognizing the consequences of one's actions.

BIG IDEAS

Our personal wellness can be enhanced through participation in a variety of mindful activities

Knowing how our bodies move and function help us to stay safe during daily activities and exercise

Learning positive communication skills through interpersonal mindfulness will improve our interactions with others

Making healthy choices can help us achieve optimum wellness

Understanding how the body responds to various types of stress can help us to minimize the effects of stress

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Mindful Movement Practices</p> <ul style="list-style-type: none"> • Participate daily in mindful movement activities designed to enhance and maintain wellness <ul style="list-style-type: none"> - Yin yoga - Walking - Qigong - Tai chi - Zone exercises • Identify, apply, and reflect on strategies utilized to pursue personal wellness goals • Identify and describe the relationship between healthy eating, lifestyle, overall health, performance of fitness activities, and wellness <p>Mindfulness</p> <ul style="list-style-type: none"> • Learn to be attentive to different situations (good/bad) in the day and to recognize how the body reacts • Learn how to reduce stress reactivity and increase stress responses • Learn to embrace difficulties that you face and to work skilfully with them • Learn how to be present and listen and to speak truthfully with kindness in mind • Explain how developing mindfulness strategies can increase overall physical, mental and emotional wellness 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> • The importance of posture, breath, mindfulness, nutrition and relationships to overall wellness • The qualities of mindfulness and how to work towards them <ul style="list-style-type: none"> - non-judging - acceptance - trust - beginners mind - non-attachment - non-identification - non-striving - equanimity - compassion - forgiveness - loving-kindness • How to reflect on an experience and the value in that practice • The components of fitness and how they relate to overall wellness and health • The musculoskeletal system and its proper alignment • Ways to train the neuromuscular system that affect overall body functioning • How to train the cardiorespiratory systems

Human anatomy and physiology

- Describe how proper posture affects all activities
- Identify and describe the interaction of the core muscles utilized in stabilization and dynamic movements
- Develop breathing techniques during different activities and describe the effects of proper breathing on all body systems
- Learn the importance of proper digestion and digestive system function
- Identify and describe how different types of activities influence the muscular system, nervous system and the cardiovascular system
- Understand the nervous system and the body's responses under stress

Social responsibility

- Demonstrate appropriate behaviours in different types of wellness activities
- Apply safety practices in different types of fitness activities, for self and others

- Effects of different types of fitness activities on the body

Big Ideas – Elaborations

Our personal wellness can be enhanced through participation in a variety of mindful activities.

Opportunities to support student inquiry

- How can daily activities be practiced mindfully?

Knowing how our bodies move and function help us to stay safe during daily activities and exercise.

Opportunities to support student inquiry

- How can daily physical activities be performed with proper and safe movement patterns?

Learning positive communication skills through interpersonal mindfulness will improve our interactions with others.

Opportunities to support student inquiry

- How can the communication skills practiced in class affect interactions with family and friends?

Making healthy choices can help us achieve optimum wellness

Opportunities to support student inquiry

- How can these healthy choices implemented in daily life affect daily activities? Logbooks and reflections will help the students monitor their progress.

Understanding how the body responds to various types of stress can help us to minimize the effects of stress

Opportunities to support student inquiry

- How can understanding stress responses and their effects help students to manage stressful situations in daily life?

Curricular Competencies – Elaborations

Mindful Movement Practices

Sample opportunities to support student inquiry:

- These will be guided with by the teacher or by a special guest instructor if needed. Each class will have a mindful movement practice from 15 minutes to 45 minutes, always followed by some time for self-reflection.

Mindfulness

Sample opportunities to support student inquiry:

- There could be opportunities to participate in a Sweat Lodge Ceremony, Total Physical Response in Halq'emeylem and the use/creation of a Medicine Wheel with guest leaders.

Human anatomy and physiology

Sample opportunities to support student inquiry:

- Some topics will be covered in a lecture format, followed by relevant activities and applications to clarify the knowledge.

Social responsibility

Sample opportunities to support student inquiry:

- Working in partners, small groups and large groups, in movement practices and discussions, students will model social responsibility.

Content – Elaborations

Recommended Instructional Components:

An introduction to Mindfulness as “A New Way of Being”

Perception and Creative Responding

The Power and Pleasure of Being Present

The Shadow of Stress (the ongoing unconsciousness reactivity we experience towards what is pleasant, unpleasant and neutral)

Being caught in mental states and emotional states and over identifying with them

Interpersonal Mindfulness

Mindfulness in Obstacles

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

Assessment will be based on daily participation, effort in all activities and self-reflection.

Learning Resources:

Mindfulness for Beginners by Jon Kabat-Zinn

Resources from The Centre for Mindfulness, University of Massachusetts Medical School

How to Eat, Move and Be Healthy by Paul Chek

The Medicine Wheel by Cree Elder Frank Supernault and Angela Brady

Additional Information: