



**The TEACHER CENTER of Broome County**  
**Teacher Study Group Grant Award**  
**Summer 2003**

**FINAL REPORT**  
**DOCUMENT PROCESSES AND OUTCOMES**

**STUDY GROUP TOPIC: Yoga, Health & Wellness, & Focus Activities**

**GROUP MEMBERS: Diana Homoleski, Helenmarie Fries, Susie Ganoung**

**The final report must be word-processed and submitted both in print and on disk using this form.  
Include information under each of the following headings.**

**Describe the initial goal of the group noting any adjustments that had to be made as time passed.**

To develop 2 units connecting the academics of 1.) anatomy and health, and 2.) environmental awareness and earth care with the physical development of strong, flexible bodies able to concentrate, focus, and attend.

**Describe the ACTION PLAN that the group followed.**

- 1.) Gather materials and resources.
- 2.) Review materials and resources and begin to outline a plan for team teaching, academic units in the gym and classroom, and structure the yoga lessons.
- 3.) Observe a children's yoga class.
- 4.) Structure units and align physical and academic components.

**Describe how the action plan was implemented.**

Websites, libraries, and bookstores were visited and local experts were consulted to gather information. Meetings were held to discuss and review materials. A children's yoga class was observed in Montrose, PA. Later meetings were held to share information and align P.E. and classroom curriculum.

**How has participating in this study group changed you as a teacher? Have any of your teaching practices changed?**

It has given us an opportunity to see the connection between the activities and teachings in the gym and the classroom. This will be a new opportunity to team-teach and cultivate the connection between the classroom and P.E. curriculums.

**What evidence is there that student achievement is improving as a result of participating in this study group? What kind of differences are you observing in your students?**

Evidence that student achievement is improving will be monitored by teacher evaluation/observation of student performance. Additionally, students will fill out self-evaluation forms at the beginning and end of each unit to give feedback on progress.

**What evidence is there that the goals of the study group have/have not been met?**

The units have been prepared and organized. There has been a block of time scheduled during each week for team-teaching, and units have been coordinated between the P.E. and classroom curriculums.

**Comment on the value of the study group process? Did it work for you?**

Being given structured time outside of the school day/year to work with colleagues is a benefit for organization, trouble-shooting, and coordination of units. Brainstorming with others brings in a greater variety of ideas than you would have a frame of reference for if you were working on your own. We found it to be a very effective process.

**How can we make the study group program better?**

We appreciate the willingness of the Teacher Center to allow teachers to be creative in their approach to education. The Final Report can be difficult to fill out in places due to the fact that often the teaching has not yet occurred when the form is being filled out. We can attest to the ways that effectiveness will be measured, but not to actual findings on how the project progressed in the classrooms.