

Intro to Yoga Course Syllabus

2017-2018

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COURSE DESCRIPTION:

This course is designed to safely introduce students to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life. The aim of this course is to promote vibrant health and to tap the body's latent energy reserves.

GOALS:

Student will:

- Acquire the basic skills of a physical yoga practice
- Develop an understanding of yoga etiquette and terminology
- Achieve and maintain a health-enhancing level of physical fitness
- Develop skills, knowledge, and interest to independently maintain a regular yoga practice
- Develop an understanding of individual differences and acquire a non-competitive, positive self image in regard to their own body and yoga practice
- Experience immediate and long term benefits of yoga practice

CONTENT STANDARDS:

Students will:

- Demonstrate understanding and competency in using controlled movement to begin, maintain, and end the yoga asanas. (Standard 1)
- Use body awareness and self-visualization to achieve proper position and alignment in the yoga asanas. (Standard 1)
- Develop an appreciation of their individual strengths and limitations in relation to their yoga practice. (Standard 1)
- Identify specific yoga asanas they can practice for a lifetime. (Standard 2)
- Monitor and modify their independent yoga practice to ensure maximum physical and mental benefit. (Standard 2)
- Become increasingly aware of the benefits they are receiving from yoga practice. (Standard 2)
- Demonstrate acceptance and understanding of the etiquette of group yoga practice. (Standard 3)

- Develop an appreciation for the importance of commitment and dedication to their yoga practice. (Standard 3)
- Cultivate respect and appreciation of other students' practice by honoring the community environment of the yoga session. (Standard 3)

CLASS EXPECTATIONS:

- Students are expected to come to class wearing yoga appropriate attire that is in line with the school dress code. Clothing should be non-restrictive and allow for full range of motion. Dress policy standards will be enforced.
- Students must try all exercises and combinations and demonstrate responsibility in taking corrections and making improvements. Lack of effort = Loss of points
- All students are expected to treat all others with respect, courtesy and sportsmanship, follow all teachers' instructions and handle all physical education class equipment appropriately. In addition, students are expected to refrain from using profane or inappropriate language at all times.
- A binder or folder with paper and pen or pencil is required for this class.
- No gum, food or drink other than water is allowed in class

GRADING POLICY:

Grades are based on daily classwork (80%) and progress and achievement of the Yoga/PE standards (20%).

- Daily Classwork: 20pts per day. (Lack of effort = loss of points)
- Evaluations: tests/quizzes, projects, performances
- Unexcused tardies: -5 pts/day
- Not dressed: (-20) per day
- Excused Absence (points may be made up) -20 per day
- Medical Note (points may be made up) -20 per day

LOCKERS:

All students are required to use a school issued lock (V-51 on back). Each student must use his or her own assigned locker. Absolutely no sharing of lockers is permitted. Students are responsible for any damage done to the locker room facility. **STUDENTS ARE NOT ALLOWED TO SWITCH LOCKERS WITHOUT INSTRUCTOR APPROVAL.**

- **SECURITY:** Students are responsible for locking up all valuables.
LOCK ALL VALUABLES INSIDE YOUR LOCKER.

CELL PHONE POLICY: Cell phones will be not be permitted during class. They must be locked in either the student P.E. locker or book locker. Any cell phones seen and noted by the teacher during class will result in a “ZERO” for the period with no make-up.

MAKE-UP POLICY:

- Material and/or activities that are missed due to an **EXCUSED** absence may be made up during SUPPORT period.
- All make-ups must be completed within 2 weeks of your return. Make-ups are only held during SUPPORT PERIOD.

MEDICAL EXCUSES:

Students who are too sick or injured to participate in class activities must go to the Health Office prior to class and be present at first roll call with a Health Clerk issued medical excuse note. Notes from parents/physicians must go to the Health Clerk, not the teacher.

Students with medical excuses are expected to dress out.

Non-Dress = **-20 points**

Excused medical absences or medical non-participation lasting more than **four weeks** will be transferred to P.E. Medical Exempt status.

I, the undersigned, have read and understand the expectations and policies of the Physical Education Department. I also understand that I am responsible for securing all personal property in the locker room.

Period: _____

Print Student Name _____

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____