Yoga

2015-16

Mindy Wilder Aux. Gym-West and cardio room

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**Course Description**

This course is designed to help individuals become physically fit and toned through yoga. Yoga includes physical and mental practices or disciplines that aim to transform body and mind. Students will work to develop muscular strength and flexibility.

**Materials needed**

These items will be left at the school.

**Required Clothing**: Navy, gray, or black athletic shorts or sweat pants. Gray or white t-shirt (with sleeves) or any Corner Canyon t-shirt. Socks and non-marking athletic shoes. **Shoes must be tied at all times**. There will be times when we will need tennis shoes, so you need them in your PE locker. Yoga movements can be complex. It is recommended for students to wear form fit clothes when performing yoga. Tank tops will be allowed as long as the tank does not have spaghetti straps.

**Required Equipment:**

* Students will be required to use a yoga mat during instruction. You will need a yoga mat for this class. It is recommended to bring one from home, but there are a few available to check out.
* Water bottle, pencil, PE clothes, deodorant, yoga notebook (provided)

**Required Fee:**

* There is a $10 fee for all yoga students.

**Locker Room**: All students will be assigned a locker and padlock in the PE locker room. **Do Not leave backpacks or other belongings in the locker room; leave all valuables and bags locked in hall lockers--do not bring them to PE classes**. CCHS is not liable for any items that are stolen. Please note that the locker and padlocks are property of CCHS and the administration has the right to open that locker. If padlocks are lost or stolen, students will be responsible for the replacement cost of $8.

**Grading**

Daily points (20 points), Quizzes, Written tests, Skills Tests and Written Assignments. The final grade will be a total of all points earned.

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| --- | --- | --- | --- |
| A = 100-93% | B = 85-83% | C = 75-73% | D = 65-63% |
| A-= 92-90% | B-= 82-80% | C-= 72-70% | D-= 62-60% |
| B+= 89-86% | C+= 79-76% | D+= 69-66% | F = <60% |

**Dressing and Participation**: You will not participate in the class activity if you are not dressed in the proper P.E. clothes.

* Non-dressed -20 points. Wearing street clothes to class. Non-dressed days **cannot** be made up.
* Restroom or drink break -5 points or extra class work. \*Bring a water bottle every day.

**LATE WORK**

All assignments must be submitted within the same unit for which those assignments were given. Once a new quarter or unit has begun, late work from the previous quarter or unit will no longer be accepted.

**HOMEWORK/PROJECTS**

Assignments labeled with "Major Project" on Skyward must be submitted by the scheduled/assigned due date, ***regardless of a student's absence*** (including school-excused, sickness and family vacations). Students can arrange to submit electronically, when possible, or have someone else drop off the assignment to the teacher as needed. Late “major projects” will not be accepted for credit.

**Attendance**

The PE department will follow the CCHS Student Code of Conduct and attendance policy. If the student is more than 10 minutes late, they will be marked absent. You must follow the school check-in policy.

You will receive 20 points each day you come to class, dress properly and participate in the class activity. If you are absent you will not receive the points.

**Excused Absences:** You must get your absence excused in order to make up missed points for that day. You may make up 3 excused absences.

 You may make up an excused absence in one of the following ways:

1. Attend an athletic activity involving Corner Canyon and write a short report on the event. The report is due the class period following the activity. Late reports will not be accepted. Forms will be provided on Skyward.
2. Yoga class at a studio. You must provide the name, date, and location of the class as well as get a signature from the instructor. Forms will be provided on Skyward.
3. Wednesday morning charger time activity with the assigned PE teacher from 7:05-7:45 will make up one class. You will be given a voucher after attending the make up session.

**Unexcused Absences**: may not be made up \*\*\*Leaving the class before the dismissal bell rings will be treated as an unexcused absence.

**Suspensions:** Suspended students will be given an opportunity to make up missed work upon return, or be given an alternative assignment.

**School Business:** If you are to miss class because of school business, you must bring a note to your teacher before class to receive 20 points. If you do not get excused before class you must bring an excuse note and do make up as you would for any other absence

**Tardies**: You will lose 5 points for being tardy. You will be given 5 minutes of dress time at the beginning of class.

**Injuries**

If you are injured and cannot participate in class you must bring a doctor’s note. Teachers will make modifications for exercises based on doctor’s recommendations. You must still dress out and participate in class. Parent notes will not excuse points missed for nonparticipation. If a student will be injured for more than four weeks, they will need to meet with their counselor to change class schedule and make up the PE credit later.

**Hall passes**

Students are given time at the beginning and end of each class to change clothes, use the restroom, and get drinks. Students will be required to do push-ups, sit-ups, etc. if they need to leave the classroom at any time. If it becomes an issue 5 points will be taken from daily participation points.

**Rules/Consequences**

1. Students are required to be on time and dress appropriately.
2. Be courteous at ALL times.
3. Profanity or harassment of any kind will not be tolerated.
4. **No cell phones, food, drinks, or gum allowed in gym area.**
5. Follow all CCHS policies.

**Extra help**

Please contact me with questions or concerns. I will be available by appointment Monday, Wednesday, and Friday during Charger Time from 7:00-7:45am.

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Please return this portion to Coach Wilder\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Yoga Class Period \_\_\_\_\_\_\_\_\_\_**

**Student’s Name (Please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian (Please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent contact information:**

**Phone Number: home \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please provide any health concerns or issues that may affect participation in class.**

**Please return this form with student and parent/guardian signatures.**

**I have read the disclosure for the Conditioning course at Corner Canyon High School and agree with the information within.**

**Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**