

Yoga Syllabus: 2022-2023

Mrs. Campos Room 112/Gym Prep Period: 4th kcampos@northfork.k12.oh.us

Webpage: <http://www.northfork.k12.oh.us/MrsKaylaCampos.aspx>

Course Description: This course will count as ¼ credit towards your PE graduation requirement, but can also be taken as an elective course. The course will focus on low impact activities to improve overall flexibility, strength, core and cardiovascular endurance. Reduction of stress and increased ability to focus can be an added benefit from regular yoga practice which can support management and improvement of the social-emotional health of participating students. Students will be required to bring appropriate work out clothing to be worn during class activities and will be provided a personal yoga mat. Medical conditions do not exempt a student from the physical education requirement for graduation. If a student is unable to participate due to a documented medical condition, modified activities will be provided based on the students' medical restrictions. State fitness testing will be conducted at the beginning and end of the semester and all activities will align with the Ohio Standards for Physical Education.

Course Objectives:

1. Students will learn basic skill of yoga practice.
2. Students will learn how to use breathing techniques to manage & relieve tension/stress.
4. Students will be introduced to how yoga and be used to achieve lifelong fitness.
5. Students will improve core strength & flexibility.
6. Students will also develop an understanding of individual differences and acquire a non-competitive, positive self-image in regard to their own body and yoga practice.
7. Students will learn how yoga can help improve social/emotional health.

Course Topics

History of Yoga	Dynamic Stretching	Static Stretching
Benefits of Improved Flexibility	Breathing Techniques	Calm Classroom Practice for stress reduction
Basic yoga poses	Meditation	Social/emotional health

Classroom Expectations

- Treat each other with respect, kindness & encourage others.
- Change into appropriate clothing on activity days.
- Participate fully in all daily activities.
- **NO cell phones, headphones or bookbags permitted. *Airpods/Bluetooth devices/headphones that are in/on ears when class begins will confiscated. Students may pick them up at the end of the day.**

Grading & Absent Work Policy

- **Assignments will be into 2 sections that are equally weighted.**
 - 1. Assessments & Assignments**– State required PE fitness tests, quizzes & assignments.
 - 2. Daily Participation – 10 points a day**

Students may lose participation points for not being dressed for activity, forgetting yoga mat, lack of participation, disruptive or disrespectful behavior, not following directions, cell phone/earbuds violations & lack of effort.

Unable to Participate: If a student has an injury and is unable to participate an alternative assignment or activity will be assigned for the day/time period. Failure to complete/do the alternative work will result in a 0/10 participation grade. Extended injuries excluding students from participation will require a doctor's excuse to verify limitations for physical activity.

E-mail: Students may email me at kcampos@northfork.k12.oh.us with questions about assignments. Email will only be used for class related items or to submit work to me. I do my best to respond to emails in a timely manner, but do not regularly check email after school hours. Even if it is after hours, please send me an email to let me know if you are having trouble with an assignment. This could result in extended time to complete your work if I am unable to respond before the assignment deadline.

Class Fee: All students taking yoga class will pay a \$15 class fee which is included in your yearly school fees. This fee will provide each student with their own yoga mat. Students will get to keep this mat at the end of the semester. I will have yoga straps/mats for students to use during class time. These will be shared with other students. Students that find the use of straps/blocks helpful to their yoga practice are welcome to purchase their own if they prefer not to share with other students.