

Hull High School

Student Course Expectations 2021-2022

Yoga

Ms. Olivieri

3 Credits

Course Overview:

Yoga is an elective Wellness course for students in grades 9-12. This course is designed to introduce students, safely and accessibly, 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.

Course Objectives:

- Acquire the basic skills of a 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

Course Content:

Students will:

- Demonstrate understanding and competency in using controlled movement to begin, maintain, and end the yoga postures.
- Use body awareness and self-visualization to achieve proper position and alignment in the yoga postures.
- Demonstrate acceptance and understanding of the etiquette of group yoga practice.
- Identify specific yoga postures they can practice for a lifetime.
- Create and implement an individualized yoga practice and continue to modify it in order to ensure personal benefit.
- Develop an awareness of the beauty and harmony of their yoga practice.
- Cultivate respect and appreciation of other students' practice by honoring the community environment of the yoga session.
- Cultivate respect and appreciation for the achievements and limitations of others.
- Discuss and consider the history of yoga and its influence in today's culture of physical fitness

Required Materials

- 1 YOGA MAT

Required Writing:

- Daily Journal Entry
- Yoga Project
- Written Final

Course Evaluation Criteria:

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| ● Class Participation and Effort | 70% |
| ● Journal Entries & Assignments | 10% |
| ● Yoga Project | 10% |
| ● Final Exam | 10% |

Class Participation and Effort:

Students will receive a grade for each class, ranging from zero to five.

5: Student has dressed appropriately and participated to the best of his or her ability for the entire class while showing sportsmanship and appropriate behavior.

4: Student has dressed appropriately and participated for the entire class while behaving appropriately.

3: Student has dressed appropriately and participated for the majority of the class while behaving appropriately.

2: Student has dressed appropriately and participated in class while behaving appropriately.

1: Student has dressed appropriately and behaved appropriately.

0: Student has not dressed appropriately or has behaved inappropriately.

All students enrolled in Yoga have chosen this course as an elective. All students in Yoga are expected to participate on a consistent basis.

Course Policies:

- Students must wear athletic clothing and participate for the entire class.
- Students must be punctual, after one warning each tardy will result in a discipline referral.
- Students are responsible for displaying appropriate behavior.
- **When absent, students must complete a makeup yoga assignment or a grade of zero will result in the missed class.**
- When present but unable to participate in physical education or fitness class, students must complete an "On The Sidelines" Worksheet during class at the teacher's discretion.
- Students in yoga will be the only ones allowed to enter the locker room during their scheduled yoga class, and it will only be for the first 5-7 minutes of the period and the last 8-10 minutes of the period. Students will not be allowed to go into the locker room or access the locker room for any reason other than to change and retrieve belongings at the beginning and end of class.

Student/Parent Acknowledgement

Your signature indicates that you understand the terms of these expectation sheets and know what is expected of you for the successful completion of this course. Please keep these sheets in your notebook and refer to them whenever you have any questions concerning the course.

Student Signature: _____ Date: _____

Your signature indicates that you have had the opportunity to read these expectation sheets and discuss the expectations with your son or daughter. I thank you for your cooperation, and please do not hesitate to call me at the high school at 925-3000 should you have any questions or concerns about your child's progress or if you would like to make an appointment with me.

Parent/Guardian Signature: _____ Date: _____