

# SDA YOGA



Course: PE 5990

Contact: [Robin.Etheridge@sduhsd.net](mailto:Robin.Etheridge@sduhsd.net)

## Description, Overview, Standards & Expectations

### Description

This course will explain and provide safe progressions and variations of Hatha Yoga. Students will participate and practice Yoga daily. Meditative & relaxation techniques are also practiced. The pace & intensity of lessons vary. Pilates-based work and strengthening exercise and equipment are also embedded in lessons.

### Overview

This Yoga class is designed to provide students with knowledge & experience to practice Yoga safely & effectively. Thematic lessons provide students the opportunity to enhance their focus, balance, flexibility & strength. This is an activity-based class. Students are expected to be present, on-time, prepared and active during class.

### Standards: The following standards guide instruction:

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge & skills to achieve and maintain a health-enhancing level of physical activity & fitness.

**Standard 4:** The physically literate individual exhibits responsible personal & social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

## **Expectations**

- Students are expected to be on time, prepared and polite during daily Yoga classes.
- Students are expected to physically participate in daily Yoga classes.
- Students are expected to respect others and demonstrate appropriate social behaviors.
- Students are expected to abide by the expectations for device (phones etc.) use.

## **Materials**

For health & hygienic concerns, it is requested all students provide their own Yoga mat for class. Clothing worn for Yoga class should be functional for exercise & unrevealing. School attire (jeans etc) is not accepted as exercise/Yoga attire. Footwear should be worn from the locker room into the Yoga studio, and when using rest rooms. Water is encouraged, but no sugary drinks or caffeinated beverages are allowed into the studio. No food is permitted in the studio.

## **Attendance**

This is an activity-based class, and excessive or unexcused absence will result in a loss of credit for missed participation. There are no extra credit projects.

## **Grading**

Grade determination is based on points generated from daily participation, completion of class expectations and standards. Grades use the following scale:

- 90-100%    A
- 80-89%    B
- 70-79%    C
- 60-69%    D
- Below 69%    F

## **Medical Conditions**

Any condition that prohibits a student from participating in YOGA PE must be documented by a medical physician. A parent note for less serious conditions must accompany the YOGA PE student to be excused from participating.

## **Locker Room Policy**

Students are assigned a locker so that they can safely store their Yoga mat & personal belongings. Students are not to share lockers. Students will be provided a lock that must be returned at the end of the term. No personal locks are permitted. Students need to secure all valuables in their locker during class. Students are expected to use calm, respectful voices and behavior while in the locker room. Any concerns, conflicts or issues should be immediately directed to the teachers in the PE offices. All students should tidy up after themselves.