

Yoga Syllabus
Reynolds High School – School Year 2024-2025

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Course Description:

Yoga provides the knowledge and skills of physical activities that will promote life-long fitness. This is a semester course meeting half the physical education graduation requirement and/or elective credit. The following is a list of State Standards that each student will be assessed on during this course.

Standard 1: Individual demonstrates competency in a variety of motor skills and movement patterns. **(Classwork Grade assigned at the end of a Unit in specific skills and assessment, and warm-ups daily in Mastery grade)**

Standard 2: Individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **(Mastery Grade assigned weekly through participation in class)**

Standard 3: Individual demonstrates the knowledge & skills to achieve & maintain a health-enhancing level of physical activity & fitness. **(Mastery Grade assigned weekly through participation in class)**

Standard 4: Individual exhibits responsible personal and social behavior that respects self and others. **(Mastery Grade assigned weekly in participation and POWER Grade assigned weekly)**

Standard 5: Individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. **(Mastery Grade assigned weekly through participation in class)**

Materials Needed for Class

1. **Fitness attire:** recommend black bottoms and gray tops **(no sleeveless or midriff shirts, no jeans or pants held by a belt.) Must in clothing to move freely without concern or restriction on clothing.**
2. **Comfortable Shoes & MUST have socks** to be able to move freely and not slip or fall off.
3. **Water bottle:** recommended
4. **Planner:** On Monday/Tuesday we will write the plan for the week.

What will it look like?

Students have 5 minutes at the beginning of class and 7 minutes at the end of class for changing. During activity time there is Exercise & Movement! We will complete activities involving individual and group tasks. There is a focus on development and growth of motor skills and movement promoting life-long fitness and specific skills for activities. We will evaluate fitness level and set growth goals for improvement.

Grading will be based on the following:

1. **Mastery 70%:** Participation in Fitness & Yoga routines working towards goals. Movement to practice and demonstrate skills and create habits of regular fitness.
2. **Classwork 25%:** Assessment of basic fitness and movement. Fitness Assessment and Goal Setting and Working with others in creating routines and understanding of yoga.
3. **POWER 5%:** Prepared in proper attire, engaged positively with class, respecting peers and equipment.

Grading Scale: Grades will be entered into StudentVUE/ ParentVue as LETTER

Grade Percentage	Letter Grade	Description
100-90	A	The student fully understands the content and the course objectives have been mastered.
89-80	B	The student understands the content and course objectives demonstrated at an above average level.
79-70	C	The student understands the course content and course objectives are demonstrated at an average level.
69-60	D	The student does not understand the course content and a minimum of course objectives are met.
59-50	F	The student has not met enough course objectives to pass a minimum level and receives no credit.

Classroom Expectations-POWER**RAIDERS HAVE POWER**

Raiders are:

P--- Punctual and Prepared

O--- Organized

W--- Writers

E--- Engaged

R--- Respectful

Be to class on time.

Have fitness clothes and shoes and be ready for class.

Complete Workout Log & Fitness Assessment Goals.

Actively participate through listening, movement, and communication.

Respect others. Follow Class Norms established for safety of self & others.

Other Important Things to Know

1. If you miss class, we will work together to get caught up! Complete Workout Log. One log = one day missed in PE. Complete a workout, fill out the form, and have a guardian sign it. Earn back participation
2. The Fitness Test Must be made up the month they are assigned.
3. Missing Class could cause grade reduction.
4. Must be in class for Skill Assessment, and observation of Working with others.
5. Cell Phones are not needed in class. Backpacks are to be locked up in locker room.
6. No food, drinks, or gum in the gym. Water bottles are permitted.

Units covered this semester

Units:	The building of movement and routines as the semester grows. Students will need to be able to demonstrate basic movement and form as we progress.
Fitness:	Fitness will be evaluated monthly and through assessment and goal setting. Daily activities will be provided to support meeting goals. Flexibility, Balance and Muscular Endurance will be key components of focus.
Classwork Assessment:	Students will work with peers to create movement routines from activities learned in class.

Yoga Course Syllabus: Turn this page into your teacher as soon as possible.

By reading this document you are aware of the expectation, course curriculum, and grading policy.

PRINT Student name _____

Period_____

Student Signature_____

Date_____

Parent Signature_____

Date_____

If there are any immediate questions, concerns, or information you would like me to know, use the space below.