



Yoga Physical Education

Mrs. Pomerleau

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Girls Locker Room Office & Rm. 452

Course Outline

This course serves as an alternative to a traditional Physical Education class and provides students an introduction to yoga postures (asana) and breathing techniques (pranayama). Yoga is an ancient mental and physical discipline that combines meditative focus and controlled breathing with deliberately aligned body positions. Yoga, as a physical activity, is a non-competitive, largely anaerobic exercise that dramatically increases balance, flexibility, and isometric strength when practiced regularly. Yoga also minimizes the risk of many equipment-based sports injuries, because strength is developed using only the weight of the body. Learning will take place via the primary instructor, Mrs. Pomerleau, as well as occasional guest instructors. Students will be exposed to a variety of yoga practice styles including, but not limited to: Ashtanga, Vinyasa Flow, Acro Yoga, and Relaxation. Throughout the duration of this course, students will also engage in walking as a form of meditation, cardiovascular activity and personal emotional control. Walking on appointed days of the week will also help to create a balanced experience that will increase students mental and physical capabilities for the overarching purpose of lifelong interest and enjoyment in personal, meaningful physical fitness.

California High School Model Content Standards

Overarching Standard 1: *Students demonstrate knowledge of and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.*

Overarching Standard 2: *Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles and strategies.*

Overarching Standard 3: *Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.*

Physical Fitness Testing (FITNESSGRAM)

The primary goal of FITNESSGRAM testing is to assist students in establishing lifelong habits of regular physical activity. The FITNESSGRAM is conducted in November (upper class only) and March (9th grade only). Students will be pre-tested in September to establish baseline fitness levels and set personal goals. The FITNESSGRAM tests 6 main fitness areas that represent 5 components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. In Course 1 students will have their first opportunity to achieve 5 out of 6 Healthy Fitness Zones. As FITNESSGRAM is a state-mandated test, student scores will **not** be computed as part of their academic grade.

The 6 FITNESSGRAM required tests areas are:

1. Aerobic Capacity (PACER, One-Mile Run, or Walk Test)
2. Abdominal Strength and Endurance (Curl-Ups)
3. Trunk Extensor Strength and Flexibility (Trunk Lift)
4. Upper Body Strength (Push-Ups, Modified Pull-Ups, Flexed Arm Hang)
5. Flexibility (Back-Saver Sit and Reach, Shoulder Stretch)
6. Body Composition (Body Mass Index [height and weight], Percent Body Fat, Bioelectric Impedance Analysis)

Grading

The academic grade (learning-focused) is based on the degree to which each student meets or exceeds the 3 overarching *California Model Content Standards* and corresponding performance standard and the standards of the specific course. **Each day in class is worth 20pts. equaling 100pts. per week. Students must be present and active to receive points.** Missing class for any reason (including excused absences and illnesses) will result in a zero in points for the day. This is because students need to meet the appropriate amount of “movement hours” or “seat hours” in class in order to pass their Physical Education course.

The academic grade is also influenced by completion of **google classroom assignments** which occur once during each grading period. This additional online instruction is designed to help students gain a greater understanding of the physical and emotional body as it relates to the yoga practice. Additionally, these assignments will help to increase self-efficacy and provide students with a greater understanding of the world around them.

The citizenship grade (non-academic, behavior/effort-focused) is determined by following class rules, arriving on time, wearing acceptable athletic clothing, exhibiting a willingness to learn, participating in class activities, and demonstrating courteous/respectful behavior to both the teacher and fellow classmates. Failure to meet the standards noted above will result in a diminished grade.

Yoga is a non-competitive activity and progress cannot be achieved without diligence, discipline, and focus. Therefore, grading will be determined by student's attendance and participation level, the student's focus in developing their own practice, the student's completion of online assignments, and the student's level of courtesy and respect towards the teacher and fellow practitioners.

Grading Scale

A=90-100%

B=80-89%

C=70-79%

D=60-69%

F=Under 59%

Assessments

Each student will demonstrate and be evaluated on his or her progress in each of the following content areas:

- The effects of physical activity upon dynamic health
- Mechanics of body movement
- Yoga poses and practices
- Aspects of mental and physical wellness

Assessment strategies used to evaluate each student's level of mastery of the 3 *California Model Content Standards* include, but are not limited to the following: cognitive tests, entrance/exit slips, essays, graphs, journals, logs, performance tasks, portfolios, projects, reports, rubrics, skills tests, structured observations, and video production and/or analysis.

Student Expectations/Course Materials

Student expectations in this course are very important as respect and tolerance of others is the platform on which this class stands. Therefore, student expectations are:

- Students love and respect themselves and the limits of their body each day
- Students respect teachers and classmates
- Students respect all school policies and guidelines

The required attire for yoga physical education participants is slightly different than the attire of a traditional physical education course. The appropriate attire for this course includes: yoga pants or **non-see-through leggings**, school appropriate t-shirts or tank tops, and supportive sports bra's for females and basketball/compression shorts and school appropriate t-shirts or tank tops for males.

Supportive athletic shoes must be worn on cardio days to ensure students' safety. No slip-on shoes, flats, boots, sandals, heels, etc. are permitted. ALL students are expected to dress out AND wear athletic footwear on walking days. **Failure or refusal to appropriately "dress out" will result in a zero for the day.** However, Loaners are available to those who need them so even if a student forgets their items they will be able to receive points as long as they wear loaners. Physical education attire must be worn to conform to the school dress code policy.

If your attire is deemed inappropriate by the instructor you will be asked to change! Refusal to change after an instructor request may result in zero points for the day, referral, or call home based on the severity of the situation.

Equipment-Yoga mats and blocks are the equipment items needed for participation in this course. Students may bring their own mats and store them within the space (no one else will use your personal mat) or students may use a loaner mat. Students do not need to bring their own blocks as we have plenty available for use each day.

*The school staff is **not** responsible for lost/stolen items. **Please do not leave valuables, including electronics in school lockers.** Yoga students are encouraged to bring their phones with them into class to ensure item safety. We simply ask that you turn off your device and do not use it throughout the duration of class.

Medical Excuses

Students are required to bring a written note from a parent in order to be excused from physical education for the day. A parent's note is only good for 2 days. A doctor's note must be presented for illness or injury lasting more than three days. **Students are required to suit up and participate to the maximum degree that their illness/medical condition allows.** Students are required to make up all missed work. If a student's situation extends beyond that of a 6-week grading period, the student may not receive credit for the physical education course and may be moved into an elective course until the following semester or year.

Office Hours and Conference Procedures

If you have any questions please do not hesitate to contact me at any time. The best way to reach me is via email npomerleau@gmail.com I welcome any questions or concerns and would be more than happy to speak with parents/guardians/students about any academic or personal issues.

**PLEASE READ AND SIGN THE PERMISSION SLIP BELOW!
RETURN ONLY THIS PAGE TO THE INSTRUCTOR!**

Class Period:_____

Dear Parent/Guardian,

This permission slip is to inform you that your student would like to participate in the Yoga Physical Education program at PLHS. We are offering this course in order to provide students with the opportunity to engage in an alternative traditional physical education class. Along with yoga practice, this course also includes google classroom assignments (1 per grading period) and off campus walks through the PLHS neighborhood supervised by the teacher, *Mrs. Pomerleau*. By signing this form you are agreeing to allow your student to participate in all class activities on and off campus, you are agreeing to all terms and conditions laid out in the syllabus, and you are stating your understanding of all physical education policies noted. Please sign below to authorize your student's participation in the Yoga Physical Education program at Point Loma High School. If you have any questions or concerns please contact teacher *Mrs. Pomerleau* by email: npomerleau@gmail.com

Student Name (printed clearly):_____ **Date:**_____

Student Signature:_____ **Date:**_____

Parent Name (printed clearly):_____ **Date:**_____

Parent Signature:_____ **Date:**_____

Notes to Teacher (Mrs. Pomerleau):