Yoga Disclosure Statement
Coach Divine
CHELSEA.DIVINE@CANYONSDISTRICT.ORG

COURSE DESCRIPTION
Yoga originated approximately 5,000 years ago in India and has been practiced in The United States for a little over 100 years but did not gain popularity until the 1980’s. Yoga means “union” and is a word from the ancient Sanskrit language. Yoga seeks to unite your physical, mental and spiritual self. Hatha Yoga will be the focus in this class. We will be working with the body through a variety of postures & poses (Asanas), breathing and relaxation. Yoga can be viewed as an essential part of fitness training, sport therapy, lifestyle enrichment and stress reduction. In this class, you will also experience and study some Pilates and strength training movement.

COURSE OBJECTIVES
1. Students will learn about the benefits of yoga and will leave class knowing many poses including Sun Salutations A & B.
2. Students will learn about the skeletal and muscular systems and how to improve their overall strength & flexibility.
3. Students will learn about the Core Chakras and a variety of Mudras that can be used during breathing/meditation exercises.
4. Students will gain confidence and will be able to design their own self practice.

LEARNING ACTIVITIES
1. Short meditation
2. Breathing exercises (Pranayama)
3. Warm-up exercises (gentle stretches)
4. Active exercises and postures
5. Balance poses
6. Inversions
7. Final Relaxation (Shavasana)
8. Self-Practice

CLASS MATERIALS
1. A yoga mat will be provided but you may bring your own if you desire.
2. A small towel is optional.
3. A water bottle is recommended.
4. A COMBINATION LOCK IS REQUIRED.

CLASS BENEFITS
1. Yoga will improve your muscular strength, flexibility, posture and balance.
2. Yoga will improve your focus and concentration.
3. Yoga will reduce tension and stress.
4. Yoga will enhance relaxation.
5. Yoga will balance feelings and emotions.
6. Yoga will promote self-confidence and personal growth.
7. Yoga will improve your total health, wellness and inner peace.

CLASS RULES
1. RESPECT for your peers and teacher at all times.
2. Dress everyday unless told otherwise.
3. Be on time for class. You will have 3 minutes to dress.
4. Be mindful of others.
5. No talking once class begins. This is a SILENT moving experience 😊
6. No food or drinks in class. Water bottles are allowed!
7. Hair should be pulled back and secured off of your face.
8. Follow the Hillcrest Respect Rules!

*IF YOU ARE DISRUPTIVE IN CLASS, YOU WILL BE ASKED TO LEAVE AND WILL SPEND THE REMAINDER OF CLASS OUTSIDE OF THE DOOR. YOUR GRADE WILL DROP A FULL LETTER.*
Activity & Dress Points: 10 points for dressing out + 10 points for participation = 20 points per day.

Points will be awarded every class period for those who:

1. Dress appropriately for class. (10 points)
2. Follow the “RESPECT” rules and actively participate. (10 points)
3. Full attendance is essential to your success in class. Roll will be taken 3 minutes after the bell rings at the beginning of class. Second roll will be taken at the end of class. Points will be deducted if you are not present or come late.

Locker Room:
Students will be provided with a locker to use during the semester. Please help us in keeping the locker room a safe place to dress and store your belongings during PE class.

- To keep locker rooms secure instructors will not allow students to access locker rooms during class. If you are checking in/out please make arrangements ahead of time.
- If you come late to class (after the bell rings) you may not be allowed into the locker room to dress. Be in the dressing room or gym before the bell rings.
- The dressing room doors will be locked when the tardy bell rings. Roll call will be taken three minutes after. Students will be given approximately 6 minutes to dress at the end of class.
- Keep your things locked up at all times.
- Please do your part to keep our school facilities clean and enjoyable. PE teachers will be strictly enforcing rules that no food, gum, candy, and drinks (other than water bottles) be brought into the PE areas. Points will be deducted for bringing any of the above items.
- Students are given lockers to store books and other materials in during class. Please use your locker to store your backpack so that it will not be a distraction to you during class and will not interfere with gym space.
- Leave all valuables, including cell phones, in your hall or gym locker, where they are most secure. DO NOT BRING THEM TO CLASS. THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Attendance/Tardies/Make-Up's:

Absences: The Hillcrest High attendance policy is in place to help students succeed. It will be enforced. Students will be allowed to make up absences. To make up an absence a student must complete two full 30 minute workouts. No more than 3 absences per quarter may be made-up, unless approved by your instructor. See your instructor to schedule make-ups.

APP: Teachers will be available for student support during APP time. Students will use this time to get extra help with assignments, check their grades, make up tests, assignments, or absences. Please use this time to allow your teacher to help you.

Tests, Quizzes, and Notes: The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note taking, and exit tickets. All skills tests, written tests, notes taken in class, and assignments will have a point value. If you are absent it is your responsibility to make it up.

Grading Scale: (20 daily points may be accumulated per day in addition to assignments and quizzes) Grade will be based on total points earned throughout the quarter. Approximately 80% of points will come from activity, dress, and attendance points. Approximately 20% of points will come from assignments, notes, tests, and quizzes.

A = 94-100%     B+ = 87-89%     C+ = 77-79%     D+ = 67-69%     F = 59% or less
A- = 90-93%     B = 83-86%     C = 73-76%     D = 63-66%     B- = 80-82%     C- = 70-72%     D- = 60-62%

*To view student progress, access the Canyons School District website: http://www.canyonsdistrict.org. Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password.
YOGA Disclosure Statement

Student Name: _________________________________ Class Period: _______________

Locker # _______________ Combination: _______________

I UNDERSTAND THAT BEING IN YOGA IS A PRIVELEDGE. I KNOW WHAT IS REQUIRED OF ME TO EARN A PASSING GRADE IN THIS CLASS AND WILL ACT ACCORDINGLY TO OBTAIN IT.

Student Signature: ________________________________ Date: _______________

Parent/Guardian Signature: ________________________ Date: _______________
This semester class offers students instruction in lifetime activities and fulfills one P.E. requirement for high school graduation. Individual, dual, and team sports activities are included, with the emphasis on activities that offer lifelong participation opportunities. In this class, students will have both skill and knowledge based assessments along with regular fitness testing. These assessments are administered in order to provide personal feedback to each student as we measure their skill and fitness development throughout the semester.

Lifetime Activities taught this semester will include: Ultimate Frisbee, Soccer, Kickball, Badminton, Pickleball, Volleyball, Basketball and a variety of fitness workouts. **Please note: there will be an Online Quiz for each Sport Unit located on Canvas.

Equipment & Supplies: (Talk with your instructor if you need help obtaining the items listed below)

- Green, White, or Hillcrest T-shirt, exercise pants or shorts, athletic shoes, and socks.
- Combination Lock (No key locks). DO NOT SHARE LOCKERS.

Class Rules/Expectations: “RESPECT”

R - Ready to Learn
   Be on time, dressed appropriately, and ready to listen to instructions so we can get moving right away.

E – Everyone Matters
   Encourage and help others when they need it. Never put anyone down or laugh at mistakes. We are all here to learn and will be trying lots of new things this semester!

S – Safety
   Keep the gym safe for you and your peers. Follow safety guidelines from your instructor, respect equipment, and use it properly. Report any illnesses or injuries right away.

P – Purpose
   Our purpose is to learn the skills needed for a healthy and physically active lifestyle throughout our lives. We are here to move and sweat!

E – Effort/ Enthusiasm
   Come to class with an open mind and a positive attitude. ALWAYS give your best and have fun!

C – Challenge / Cooperation
   Constant improvement is expected no matter what level you are at. Together we will do challenging things. Push yourself to the next level when things become easy, be patient with those at a different level than you.

T – Trust/ Team Building
   Use respectful communication and work together to help everyone succeed.
Activity & Dress Points: 10 points for dressing out + 10 points for participation = 20 points per day.
Points will be awarded every class period for those who:

4. Dress appropriately for class. Appropriate dress includes: gym shoes, socks, shorts/sweat pants, and a green, white, or Hillcrest t-shirt. No tank tops, hats, excessive jewelry, sandals, unclean, or torn clothing. (10 points)
5. Follow the “RESPECT” rules and actively participate. (10 points)
6. Full attendance is essential to your success in PE class. Roll will be taken 3 minutes after the bell rings at the beginning of class. Second roll will be taken at the end of class. Points will be deducted if you are not present or come late.

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- Keep your things locked up at all times.
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PST Disclosure Statement

Student Name: ______________________________________ Class Period: ________________

Locker # _______________ Combination: _______________

I UNDERSTAND WHAT IS REQUIRED OF ME TO EARN A PASSING GRADE IN THIS CLASS AND WILL ACT
ACCORDINGLY TO OBTAIN IT.

Student Signature: ______________________________________ Date: ________________

Parent/Guardian Signature: ______________________________ Date: ________________