

School: CCHS

Course Title: Yoga Basics

Instructor: Heather Wiles

Contact phone: 541-416-6900 ext 3136

Email: heather.wiles@crookcounty.k12.or.us

Semester: I

Course Description: In this course we will be practicing Yoga with several goals in mind. We will learn to control our breathing and explore the mind body connection to breath. We will strive to hold our poses for a total of 2-4 breaths. We will practice different asanas and increase our ability to perform those asanas. We will sometime practice meditation, walking meditations, practice our balance and explore the many reasons yoga benefits our bodies.

Standards:

<https://www.oregon.gov/ode/educator-resources/standards/physicaleducation/documents/orpecontentstandards.docx>

We will focus on the two standards listed below:

PE.3.HS.5:

Level 1

Identifies strength and conditioning exercises that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle.

Level 2

Designs and implements a strength and conditioning program that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle.

PE.3.HS.6:

Level 1

Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).

Makeup policy: If you are absent from Yoga you may submit a video to Ms. Wiles in the google classroom of you performing Yoga or attend a Yoga class in town and take a picture with the instructor.

Grading Policy: Participation is a key to this Yoga class. Therefore, it will be crucial that you show up and participate each day or perform the makeup activity. Grades will be on the following scale:

Final Grades will be earned as follows:

100-91% = A/Exemplary

90 - 81% = B/Mastery

80 – 71% = C/Proficient

70 – 60% = D/Minimal Proficiency

59 – 0% = Fail or No Attempt

Syllabus signature

I have read and understand the syllabus.

Parent signature_____

Student name printed_____

Student signature_____

Parent email_____