Sage Creek High School
Course Syllabus

Physical Education
Yoga PE

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Yoga PE	***Not an A - G required course***
Physical Education	Course Does Not Fulfill an A-G Category, Fulfills graduation requirement

Purpose of The Course

The purpose of a Yoga PE class is to introduce students to the practice of yoga, emphasizing its physical, mental, and emotional benefits. Yoga PE provides students with a structured environment to learn various yoga poses (asanas), breathing techniques (pranayama), and mindfulness practices for stress reduction. Here are some key purposes of the class:

1. **Physical Fitness and Flexibility:** Yoga improves overall physical fitness by increasing strength, flexibility, and balance. Through regular practice, students develop greater body awareness and coordination.
2. **Stress Reduction and Mental Clarity:** Yoga encourages mindfulness and relaxation, helping students manage stress and anxiety. The breathing exercises and meditation techniques taught in Yoga PE promote mental clarity, focus, and emotional resilience.
3. **Enhancement of Athletic Performance:** For student-athletes, yoga can enhance performance by improving flexibility, core strength, and mental discipline. It also aids in injury prevention and recovery.
4. **Promotion of Lifelong Wellness:** Yoga PE teaches students the value of maintaining a balanced lifestyle. The skills learned in class—such as mindfulness, stress management, and physical self-care—are tools that students can carry with them throughout their lives.
5. **Inclusive and Accessible Exercise:** Yoga is a low-impact form of exercise that is accessible to all fitness levels. Yoga PE classes foster a supportive environment where students of varying abilities can progress at their own pace.

Course Materials

- School-appropriate athletic clothing is required daily
- Appropriate footwear such as socks with grip soles (yoga socks) or clean socks
- Water Only **(No Sports Drinks, Juices or Energy Drinks)**
- Combination lock, A standard dial lock w/ 3 number combo is best. **(no key locks).**
- Optional: Deodorant, yoga socks, blanket

Grading Scale

97-100%	A+	77-79%	C+
93-96%	A	73-76%	C
90-92%	A-	70-72%	C-
87-89%	B+	67-69%	D+
83-86%	B	63-66%	D
80-82%	B-	60-62%	D-
		0-59%	F

Activity is nonstop with constant action:
A= Completed Rigorously
B= Completed Most of the Time
C= Completed Sometimes
D= Completed Rarely
F= Completed Never

Students can earn up to 20 points per day in PE class. Points are awarded for showing up, being active and engaged, participating in poses standard or modified, having a positive attitude, not sitting down, respecting the yoga environment, and working respectfully with your teacher and peers.

Assignment Values

Participation 75%
Yoga Lesson 15%
Final Exam 10%

Locker Rooms

The first week, students will be shown how to utilize the lockers. We will demonstrate how to keep your valuables safe during the time you are in Yoga PE. Afterwards, students will be responsible for securing any or all of their possessions.

Students should NOT leave their possessions unsecured

Aeries/Parent Square/Google Classroom Expectations

Students are expected to use Aeries for grades and Google Classroom for turning in absent work assignments. Teachers will update information at least once a week. Aeries is the updated gradebook. Google Classroom is not the gradebook.

Academic Assistance

Students are encouraged to discuss academic concerns with their PE teacher and make arrangements for covering the material in question.

Absences

Attendance is required. If you are absent you will receive a zero for that day. You will need to make up the workout. Your teacher will assign (or you can select) a minimum 30-minute yoga video to complete. You will record yourself (time-lapse) and turn in that video to Google Classroom to earn credit for the day you missed. Please see the teacher to get the assignment. You have 2 days per day absent to complete the missing work. Failure to make up the work in a timely manner will result in a zero grade. Work turned in after the deadlines will not be scored.

Workouts should be 30 minutes in length. Turn in the video and the link to the workout you completed.

Cell Phone and Electronic Devices

NO CELL PHONE USE IN LOCKER ROOM or WORKOUT SPACE

Cell phones should be left in the locker room, locked and secured. If phones are out in the yoga room, the CUSD cell phone policy will be enforced and is listed below:

Per CUSD: High school students may not use cell phones, smart watches, earbuds, pagers, or other mobile communication devices during instructional time. Mobile communication devices shall be turned off and kept out of sight during instructional time. *Instructional time* is defined as any scheduled class period and any other time during the school day when students are expected to be engaged in a learning activity.

During non-instructional time, high school students may use cell phones, smart watches, pagers, or other mobile communication devices on campus as long as the device is utilized in accordance with law, the district Acceptable Use Agreement, and any rules that individual school sites may impose.

Violation Protocol.

First Offense: Student warning

Second Offense: Student warning, teacher contact to parent recommended, teacher/staff may take the device.

Third Offense: Teacher/staff takes the device to be returned to the student at the end of the class period, the teacher contacts the parent, and referral to the office for documentation in the student information system.

Fourth Offense: Device delivered by teacher/staff to the office for pick up after school, contact parent, referral to the office for documentation in the student information system. Additional progressive discipline measures will be employed as needed.

Dressing Out and Participation Policy

All students must be dressed out and participating in PE unless notified by the teacher. A student must participate regardless if they dress out or not.

- First and second non-suits and/or non-participation - Teacher warning.
- Third non-suits and/or non-participation - Parent contact.
- Continual non-suits and/or non-participation - Potential parent/teacher/admin conference. Inappropriate workout clothing/ not changing out can lead to a no grade for the day.

Non-suits result in a low citizenship grade and possible zero for the day.
Non-participation results in a poor participation academic grade, which is 75% of the overall grade.

Medical Excuses

Parents can write a notice of excuse from PE for **2 days only**. After that, a medical note is required. Students excused by a doctor or parent note from participation because of illness or injury must bring materials from another class to work on. Situations where a student is unable to participate for an extended period of time will be handled on an individual basis.

Tardies

Students must change out and be under the locker room stairs within the first 5 minutes of class. Students who are not in the meeting location before the teacher arrives will be marked tardy. School-wide tardy policy is strictly followed.

Students who are not at the meeting location within the first 5 minutes of class will be marked tardy by the teacher on Aeries for the first five tardies. After the sixth tardy, school policies will be implemented:

- 6th tardy = Referral written for “6th tardy” = Detention + Restricted ASB Purchases
- 9th tardy = Referral written for “9th tardy” = 2 Detentions + restricted ASB purchases + behavior contract
- 12th tardy = Referral written for 12th = 4 Detentions + restricted ASB purchases + Student Attendance Review Team (Further intervention by school administration).