

Yoga & Pilates

Mrs. Emily Sanchez
sanchee@hpsid.org

Course Description and Goals

This course is designed to improve physical strength, flexibility, posture, and enhance mental awareness. Students will practice a variety of methods including, but not limited to, the foundations of Yoga and Pilates. This course will also emphasize the importance of physical fitness, nutrition, and developing healthy lifestyle choices.

Goals:

1. To master the execution of Yoga/Pilates poses and exercises appropriate to the class level.
2. To establish a Yoga and Pilates vocabulary appropriate to the class level.
3. To improve overall physical coordination, balance, flexibility, and fitness.

Class Attire & Requirements:

The student will be required to change from school clothes* (if necessary) to the proper Yoga class attire. Yoga class attire must abide by school dress code and several options are listed below:

Top: T-shirt or athletic top

Legs: Athletic shorts, athletic pants, or leggings

Footwear: No shoes, barefoot is preferred

All hair must be out of the face and eyes. Jewelry may be worn, however, refrain from wearing anything that might cause injury to yourself or others around you while engaged in physical activity. I strongly encourage you to come dressed in clothes you can move in, but you will have time at the beginning and end of each class to dress out/in.

I have acquired enough Yoga mats over the years to have enough for the entire class. Purchasing your own is optional.

Daily Participation Assessment

The vast majority of your grade is daily participation. My expectation is that you actively participate in the entire class period. Daily participation points will be deducted for lack of participation, tardies, or unverified absences.

Grade Breakdown: 60% Daily Participation/40% Skill Assessments, Written Assignments, Quizzes/Tests

Participation, Absences, and Illness/Injuries

Each student is required to participate in class every day. If an injury or illness prohibits a student from participating, a written assignment will be assigned and will be due at the end of the period.

Non-participation for an injury or illness requires a note/email from a parent/doctor. **Students with an unverified absence will receive a zero for daily participation.**

Class Expectations:

1. Be on time, prepared, and responsible.
2. Be polite and respectful to the teacher and to other students.
3. **Cell phones are to stay “parked” in your backpack. No headphones allowed.**
4. No students are allowed on the teaching platform or operating the sound system.
5. **No gum, food, or drink will be allowed in class.**

Class Timeline: (Subject to change)

Monday-Yoga

Tuesday-Yoga

Wednesday-Pilates

Thursday-Pilates

Friday-Focus on Stretching and Relaxation Techniques