



Course Overview

Course Description

Students will learn the skills of various yoga techniques. Through this class, students will learn breathing techniques, basic to intermediate yoga, different equipment that can be used, and how to create a sequence. By the end of this class, students will be able to perform their own yoga sequences to continue incorporating yoga into their daily lives. Yoga will strengthen and stretch muscles and improve balance and focus. Over time, yoga practice will not only develop a stronger body and deeper breathing and decrease the risk of injury in other sports, but it will also increase your concentration and relieve stress. Students must provide their yoga mat, PE uniform, gym shoes, and journal.

AP/IB/Dual Enrollment

No

Prerequisite/Fee(s)

Uniform fee by site

Course Materials

UNIFORM:

- Hamilton PE shirt (sold at bookstore);
- BOTTOMS for GIRLS: full-length yoga leggings, or Hamilton PE shorts (bookstore)
- BOTTOMS for BOYS: full-length sweatpants, men's athletic shorts, or Hamilton PE shorts

REQUIRED MATERIALS:

- Yoga towel that covers the full length of yoga mats

Adopted Resource(s)

OPEN Open Physical Education, Dynamic Physical Education, Complete Guide to Sport Education (Human Kinetics)

**An asterisk indicates a resource containing sexually explicit materials per legislative definitions. CUSD has determined that all the above resources are of exceptional educational value.*

Site and Faculty Information

School name and address:

Hamilton High School, 3700 S Arizona Ave, Chandler, AZ 85248

Building principal:

Domonic Romero

romero.domonic@cusd80.com

Teacher:

Tracy Robertson BA Exercise Science, MEd Curriculum & Instruction

robertson.tracy@cusd80.com

Office hours: By appointment

Course Access

This course is taught in-person at Hamilton High School. Students will have access to the curriculum and instruction in the classroom. Google Classroom is the primary location for students to access material when absent from classes taught in person.

Help

Academic Support

- Contact the teacher to schedule an appointment during office hours
- [Ed Tech](#) support for students, parents/guardians, and community link (cusd80.com/Page/45109)

Mental Health Support

- CUSD mental health support cusd80.com/Domain/10528 or 480-573-8808 (talk or text)
- Suicide & Crisis Lifeline: 9-8-8 hotline
- 24-hour Crisis Line Talk: 602-222-9444, Text: 741-741

Student Conduct, Success, and Responsibilities

Student Handbook

Students must follow the policies and procedures in the [Student Handbook](#). Copies of the handbook can be found at <https://www.cusd80.com/Page/533>, and printed copies will be provided upon request.

Student Responsibilities

- Be on time and prepared for class (see class times, and locker room times on bulletin board)
- Place your phone in the assigned number in the phone storage on the wall. Phones are not allowed during class.
- No shoes on when entering the yoga room. Remove at the door and carry them to your mat.
- Upon entering the yoga space, go straight to the assigned yoga mat and start in the beginning pose for the day.
- Yoga stations must be cleaned and returned to their original condition before leaving.
- Gum must be thrown away when entering the yoga room.
- Shoes must be worn from the locker room to the yoga room.
- Dress in the REQUIRED uniform for EVERY class.
- Listen and follow directions.
- Be respectful to the learning and yoga fitness environment.
- Respect the locker room (pick up any trash and return your items to your locker).
- No food or drinks other than water in the locker room. All beverages (other than water) must be consumed or thrown away before entering the locker room or yoga room.
- No photos or videos in the locker room.
- Students must remain in the locker room until dismissed at the end of the period.
- Lock up all belongings.

PARTICIPATION:

- Full participation in the entire class is expected to earn the day's participation points, whether dressed in the required uniform or not.
- Students are expected to have a positive attitude throughout the class.
- Students are expected to give their personal best effort during all activities.
- One of the objectives of the class is to improve your fitness and movement skills, so it is

expected that all students continuously work on skills that have been taught (i.e., proper technique on yoga poses).

- Please review the participation rubric in Google Classroom for further details on daily participation grades.

Late work

PARTICIPATION POINT AND ASSIGNMENT MAKEUP POLICIES - EXCUSED ABSENCES and INJURIES ONLY:

- IT IS THE STUDENT'S RESPONSIBILITY TO ARRANGE FOR MAKING UP ALL PARTICIPATION, ASSIGNMENTS, QUIZZES AND NOTES. It is his/her responsibility to arrange a time for making up quizzes.
- Participation, assignments and quizzes can only be made up for EXCUSED absences ONLY.
- UNEXCUSED absences cannot be made up.
- The makeup assignment(s) for participation points are available in Google Classroom
- All PARTICIPATION make-up work must be completed and submitted in Google Classroom no later than 3 DAYS before the end of the quarter!
- If the assignment or quiz was given during an absence, the student has one week from the day they return to turn in the assignment or take the quiz.

Injured and/or Sick Students:

- Doctor's notes are the ONLY exemption to daily maximal participation. The doctor's note must include which date(s) are restricted from activity, and when the student is able to return to activity. All other illnesses and injuries not having doctor's documentation will be modified for the student by your teacher to allow for daily participation to still occur.
- Students with doctor's notes will complete alternative make-up assignments OR activities to earn daily participation points.
- Students who do not PHYSICALLY participate in class with the proper documentation from a doctor must still EARN their participation points by completing a makeup assignment for EACH class not participated in. They will follow the same procedure as an absence and must have them in 3 days before the end of the quarter.
- Please know that the safety and health of our students is a priority and we can scale/modify any activity to make it safe for them. Doing so will allow them to participate in the class and not have to complete written assignments outside of class to make up participation points missed. It is also well-researched that movement and activity help improve immune function and increase healing.

ACCEPTABLE EXCUSES:

- Severe illness
- Severe injury - ALL activities can be modified to accommodate students with injuries.

UNACCEPTABLE EXCUSES:

- piercing or tattoos
- menstrual cycle
- missing class to make up tests or work in other classes.

LATE WORK:

- Late work will be accepted but a 10% grade reduction will be assessed per week late.

Assessments and Assignments

Students will complete assessments during each unit of study to assess their understanding. At the end of the first and second semesters, students will complete the CUSD Common Final. The Common Final will count for 20% of the student's final semester grade in grades 9-12 and 10% in grades 7-8 (some exceptions may apply at the Junior High level). Common finals will be in ELA, Math, Science, Social Science, and World Language.

Final exams will be given during the CUSD Jr High/High School Early Dismissal days in December and May, as identified on the [District Calendar](#).

If students are requested to participate in a survey, the survey questions will be provided to parents/guardians seven days before student contact.

Grading

Grade Percentage

A	90% - 100%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	<60%

Quarter grades

PARTICIPATION – 15 points per regular class; 30 points on block day

-- Daily participation in class is expected. It is expected that students are actively engaged and purposeful in how they complete movement tasks. Participation is how students will earn the majority of their grades in this class. Factors that will be attributed to determining students' grades are effort, responsibility, and focus on skills taught each day.

-- The student's daily grade is broken down into three general areas of participation. Each one is based on a 5-point rubric.

--- Responsibility – Being on time, dressing out in the appropriate and required uniform, following rules, respect for classmates and teacher. It also includes proper use of equipment and cleaning up their yoga stations after use. Finally, it will also include getting ready in the locker room and leaving on time.

--- Effort - Moving at a level that will improve skill, performance, and fitness levels.

--- Application of skills/performance – this is not a grade on whether a student can master a skill, but measures the students' focus on improving the skill or movement.

COGNITIVE GRADE–

-- Google Classroom Assignments

-- PLT4M logs and assignments

-- Quizzes – you will have quizzes on techniques, health concepts, articles, and videos from the weekly lessons.

-- Group projects

Semester grades

Semester grades are calculated using 40/40/20: Each quarter accounts for 40% of the semester grade and the final exam accounts for the remaining 20%.

Units of study

Units for PED170 Yoga Fitness

**An asterisk will indicate a unit of study or novel containing sexually explicit materials per legislative definitions.*

Intro to Yoga I - Beginning yoga poses and gentle yoga sequences

Breathing exercises and Stress Management

Intro to Yoga II

Types of Yoga

Yoga Flows - Vinyasa, Power and Gentle sequences

Pilates

Mindfulness

Signature Page - Please return this page to your student's teacher.



Chandler Unified School District

PED170 Yoga Fitness
SY 2024-25



Site: Hamilton High School

Building Principal: Domonic Romero, romero.domonic@cusd80.com

Teacher: Tracy Robertson, robertson.tracy@cusd80.com

Parent/Guardian

Acknowledgment

Parents/Guardians must specify their approval by selecting "Acknowledge" or "Potential Conflict" for their student's involvement in the units of study. Please note students cannot decline participation in standards-based units. The teacher will reach out regarding options if "Potential Conflict" is selected.

Unit of study	Acknowledge	Potential Conflict
Intro to Yoga I - Beginning yoga poses and gentle yoga sequences	<input type="checkbox"/>	<input type="checkbox"/>
Breathing exercises and Stress Management	<input type="checkbox"/>	<input type="checkbox"/>
Intro to Yoga II	<input type="checkbox"/>	<input type="checkbox"/>
Types of Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Flows - Vinyasa, Power and Gentle sequences	<input type="checkbox"/>	<input type="checkbox"/>
Pilates	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>

**An asterisk will indicate a unit of study containing sexually explicit materials per legislative definitions.*

By signing and returning this form, the parent/guardian acknowledges they have reviewed the resources and units of the study included in the syllabus.

- As the parent/guardian, I understand I may contact the teacher with questions on resources, content, or units of study at any time during the school year and view my student's grades in Infinite Campus.

Student name (printed)

Student signature

Parent/Guardian name (printed)

Parent Signature

Date

Please return this page to your student's teacher.