



# Chandler Unified School District

PED770A Yoga  
SY 2023-24



## Course Overview

### Course Description

Students will learn the skills of beginning yoga techniques. 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. This course will also cover health standards of movement and nutrition as students learn to be active, healthy teens into adults. This course will satisfy one junior high physical education credit.

### AP/IB/Dual Enrollment

No

### Prerequisite/Fee(s)

None

### Course Materials

- Athletic clothing
- Notebook (spiral or composition)
- Yoga mat (optional, mats provided)

### Adopted Resource(s)

OPEN <https://openphysed.org/>, Dynamic Physical Education <https://www.dynamicpeasap.com/>, Complete Guide to Sport Education (Human Kinetics), Lesson Planning for High School Physical (Human Kinetics)

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

## Site and Faculty Information

### School name and address:

Andersen Junior High School, 1255 N Dobson Rd, Chandler, AZ 85224

### Building principal:

Antasio Holley  
holley.antasio@cusd80.com

### Teacher:

Tena Leahy MEd  
leahy.tena@cusd80.com

**Office hours:** Wednesdays 3:40-4:20 pm

## Course Access

This course is taught in-person at Andersen Junior 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](https://cusd80.com/Page/45109) support for students, parents/guardians, and community link ([cusd80.com/Page/45109](https://cusd80.com/Page/45109))

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## Mental Health Support

- CUSD mental health support [cusd80.com/Domain/10528](http://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 established in the Student Handbook. Copies of the handbook can be found at [cusd80.com/handbooks](http://cusd80.com/handbooks). Printed copies will be provided upon request.

### Student Responsibilities

Students should come to class prepared and ready to participate by being dressed out in athletic clothing. Students are expected to participate in all activities to the best of their ability.

All students are given a school-issued combination lock as well as a locker in the locker room to utilize throughout the year. Athletic clothing, valuables such as money and electronic devices and other personal belongings can be safely stored in a student's locked locker during class. Our team of coaches spend much of the first two weeks of the school year teaching students how to properly use a combination lock and appropriate locker room procedures and expectations.

### Late work

Students have as many days as they were absent to makeup any missing work/late work. Make-up assignments can be found in Google Classroom.

## Assessments and Assignments

Students will complete assessments during each unit of study to assess their understanding. Students will complete the CUSD Common Final at the end of the first and second semesters. 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	B	C	D	F
90% - 100%	80% - 89%	70% - 79%	60% - 69%	<60%

### Quarter grades

Each day a student attends yoga class they will earn 10 points, five for dressing out and five for positive participation.

### Semester grades

Semester grades are calculated using 45/45/10: Each quarter accounts for 45% of the semester grade and the final exam accounts for the remaining 10%.

## Units of study

### Units for PED770A Yoga

What Yoga is and its Benefits.  
Basic Yoga Poses and Postures

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Breathwork, Guided Visualizations and Stress Reduction  
Yoga Sequencing  
Advanced Yoga Flows  
Overall Physical, Mental and Emotional Health

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



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**Site:** Andersen Junior High School

**Building Principal:** Antasio Holley, holley.antasio@cusd80.com

**Teacher:** Tena Leahy, leahy.tena@cusd80.com

## Parent/Guardian

### Acknowledgment

Parents/Guardians should indicate if they "Acknowledge" or have a "Potential Conflict" with their student's participation in the following units by checking the appropriate box for each unit of study listed. Students cannot opt out of a standards-based unit. Marking "Potential Conflict" will prompt the teacher to make contact regarding assignment alternatives.

Unit of study	Acknowledge	Potential Conflict
What Yoga is and its Benefits.	<input type="checkbox"/>	<input type="checkbox"/>
Basic Yoga Poses and Postures	<input type="checkbox"/>	<input type="checkbox"/>
Breathwork, Guided Visualizations and Stress Reduction	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Sequencing	<input type="checkbox"/>	<input type="checkbox"/>
Advanced Yoga Flows	<input type="checkbox"/>	<input type="checkbox"/>
Overall Physical, Mental and Emotional Health	<input type="checkbox"/>	<input type="checkbox"/>

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**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 that I may contact the teacher if I have questions about the resources, content, or units of study.
- As the parent/guardian, I understand I can check my student's grades in Infinite Campus anytime during the school year.

Student name (printed)

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Student signature

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Parent/Guardian name (printed)

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Parent Signature

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Date

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***Please return this page to your student's teacher.***