



Chandler Unified School District

PED170 Yoga Fitness
SY 2023-24



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)

None

Course Materials

- Yoga mat
- Yoga attire
- Notebook
- Optional: Gym shoes on fitness days
- Optional: Sweats (any color) on cooler days

Adopted Resource(s)

OPEN <https://openphised.org/>, Dynamic Physical Education <https://www.dynamicpeasap.com/>, Complete Guide to Sport Education (Human Kinetics), Teacher Provided

**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:

Arizona College Prep High School, 4477 S Gilbert Rd, Chandler, AZ 85249

Building principal:

Robert Bickes
bickes.robert@cusd80.com

Teacher:

Michelle LeFevre BS, MEd
lefevre.michelle@cusd80.com

Office hours: Before School

Course Access

This course is taught in-person at Arizona College Prep 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 established in the Student Handbook. Copies of the handbook can be found at cusd80.com/handbooks. Printed copies will be provided upon request.

Student Responsibilities

TO BE SUCCESSFUL

- Dress out
- Participation in yoga and fitness activities
- Be present and on time
- Positive attitude

- NO cell phones and/or airpods
- NO food, drink or gum (water only)

DISCIPLINE POLICY

- First Offense: Verbal warning
- Second Offense: Conference with student
- Third Offense: Email or phone call home
- Fourth Offense: Lunch detention (pending meeting with administrator)
- Fifth Offense: Referral (pending meeting with administrator)

Late work

None

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

-Participation 80% of their grade (25 points per week, 5 points per class). Points will be deducted for tardiness, unacceptable dress, poor or no participation and poor attitude.

-Other 20% of their grade (10 points per week). For example: written tests, quizzes, journal and class taught sequence

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

Yoga

Fitness Activities

Mindfulness

Guided Meditation

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



Chandler Unified School District

PED170 Yoga Fitness

SY 2023-24



Site: Arizona College Prep High School
Building Principal: Robert Bickes, bickes.robert@cusd80.com
Teacher: Michelle LeFevre, lefevre.michelle@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
Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Fitness Activities	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	<input type="checkbox"/>	<input type="checkbox"/>
Guided Meditation	<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 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) _____

Student signature _____

Parent/Guardian name (printed) _____

Parent Signature _____

Date _____

Please return this page to your student's teacher.