**YOGA FITNESS SYLLABUS**

**CLASS DESCRIPTION**

In this class 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, as well as how to create a sequence so they can continue incorporating yoga into their daily life. The postures learned will strengthen and stretch the muscles as well as improve balance and focus. Class structure will be one day per week working on cardiovascular fitness. The rest of the week will focus on building your yoga practice.

**REQUIRED MATERIALS**

-Yoga mat -Journal/Notebook -Gym shoes on fitness days -Optional sweats (any color) on cooler days

**YOGA ATTIRE**

-Tank tops and yoga pants will be allowed on yoga days. -Straps must be at least two finger widths thick and not low cut. -Midriffs may not be exposed. -Flip flops are appropriate on yoga days. However, once class starts they must be removed and placed in designated area. -Jewelry and metal items should be removed. -Hair should be pulled up.

**GRADING POLICY**

Daily participation in class is very important in this class. Regular attendance is imperative to reach a desired level of physical activity and fitness. The students will be graded so that 80% of their grade is based on participation and 20% on other (i.e. written tests, quizzes, journal and class taught sequence). Semester grades will be calculated on a 40 (Qtr 1) 40 (Qtr 2) 20 (final exam) scale.

Students can receive up to 25 points per week, (5 points per class and 10 points per teacher’s discretion). Points will be deducted for tardiness, unacceptable dress, poor or no participation and poor attitude. Students will have the opportunity to make up an absence if it is excused, unexcused absences may not be made up. **Make-up work will be posted in google classroom and school website.**

**INJURED AND/OR SICK STUDENT**

Students who are restricted from physical activity due to an illness or injury must provide a **WRITTEN EXCUSE** with a date, phone number and is signed by parent/guardian. They will be required to dress out and help the teacher. Extended restriction (**longer that** **three days**) must be verified by a doctor’s note.

**LOCKS AND LOCKERS**

Each student will receive a lock and a locker. Permission to switch lockers must be given by your teacher only. If a student loses their lock and it is not in the lost and found, they will be charged a $5.00 fee. This must be paid to receive a new lock. Combinations must be kept **CONFIDENTIAL**. The teacher will not open or give out any combination except to the owner of the locker. Keep your personal items locked in you OWN locker at all times, DO NOT leave items out.

\*\*\*Musical devices and cell phones are not allowed in class. If seen or heard, it will be confiscated by the teacher. PE staff will not be responsible for any lost or stolen items\*\*\*

**No food/drink or gum will be allowed in class.**

**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)

**CONTACT INFO**

Michelle LeFevre Email: [lefevre.michelle@cusd80.com](mailto:lefevre.michelle@cusd80.com)

After reading the above, please fill out the form and return to Coach LeFevre. Thank you and here is to a wonderful year at Arizona College Prep, NamasteJ

Name of Student-PLEASE PRINT

I HAVE RECEIVED AND READ THE ARIZONA COLLEGE PREP YOGA FITNESS RULES. I, THE STUDENT WILL RETURN THIS SIGNED TO MY YOGA INSTRUCTOR.

STUDENT SIGNATURE

PARENT SIGNATURE

DATE