Cornell High School

Physical Education Program

Yoga Unit Syllabus

Instructor: Greg Sonnentag

Office Hours:

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Class Description

* In this class students will learn the skills of various different 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.
* By the end of this class, students will be able to perform their own yoga sequences so they can continue incorporating yoga into their daily life.
* Student will reflect on how they feel personally about their level of fitness at the beginning and end of the coarse.
* Student will be able to identify 5 health benefits to regular Yoga/Pilates exercise.

**Yoga Attire**

To participate safely and effectively in this class, students need to have proper clothing for physical activity. The following items are allowed during physical education:

1. Shirts (and any other clothing) should have appropriate language. Short- sleeved shirts should be worn indoors.
2. Flip-flops are appropriate to wear into the gym. However, once class has begun, they must be removed and placed next to your mat. Students must always have an available set of tennis shoes in their locker.
3. Shorts should follow school dress code via student handbook
4. Jewelry and metal items should be removed before class and stored in locked lockers.
5. Hair should be tied back loosely.
6. Clothing should be school appropriate, no bellies showing, and no low cut shirts or tank tops.

Please note: Tank tops are allowed only during the workouts. Straps must be at least two finger widths thick. No bellies showing here either so clothing will need to be tight fitting or tucked in.

**Class Time Guidelines**

* Students are expected to be in position for roll in the gym seven minutes after the bell rings.
* The locker rooms will remain locked during class; bathroom needs should be attended to prior to class. Students will report to the locker room again five minutes prior to the bell to release them from class.

Yoga Equipment

The equipment that we will be using is property of the school. We ask all students to please treat it with respect. If mats are used during class, and they are to be returned to equipment room in the same fashion as they were found. Other equipment will be issued on a day specific basis and also returned to equipment room in proper slots.

**Grading**

* Daily participation in class is very important in this class. Factors that will help determine your grades include attitude, effort, improvement, skill, and a journal. You can earn a maximum of 3 points daily.
* A journal will be worth 70 points and due at the end of the quarter. The journal will consist of a daily log including: A reflection on how you felt before and after class, and what you liked most about that day.
* A class taught sequence will be worth 50 points, and required for completion of this class. Every person in the class must teach on one of those days. The sequence will consist of 6 moves and can include any moves we have learned previously.
* There will be written tests on basic concepts in yoga.
* Skills test will be taking place on the core movements in yoga.

**Make-up work school policy**

1. It is the student’s responsibility to get the work he/she has missed from any excused absence immediately upon return. A student may have additional exercises to do outside of the classroom to make up for absence.
   1. Students have the ability to make up all work, including tests, quizzes, assignments, and daily points (if excused) if the student so chooses. All the made up schoolwork must be taken under the conditions set by the Instructor of the class as defined in the course syllabus.
   2. Any work not made up from absences shall result in loss of credit for the assignments, quiz, daily points, or test.
   3. All make-up work shall be completed and submitted to the instructor or you will receive a zero.
   4. Provide an explanation of absence upon the student’s return. All written, emailed or phone calls from parent/guardian excuses must be received upon the student’s return to school or the absences will be marked as unexcused.

**Grading Policy:**

* 1. Student grades will be based on the following criteria:
     1. Daily Points 40% (10 points daily based on changing, participation, and behavior)
     2. Written Tests 25%
     3. Skills Tests 20%
     4. Homework Assignments 15%
  2. Grading Scale

93-100 A 73-77 C

90-92 A- 70-72 C-

88-89 B+ 68-69 D+

83-87 B 63-67 D

80-82 B- 60-62 D-

78-79 C+ 0-59 F

Your signature below indicates that you have read and understand the information provided above. A copy of this syllabus will be available online at **gregsonnentag.weebly.com**

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Student Name (Please Print) Signature of Parent(s) or Legal Guardian Date