

**H.M Jackson High School Course Syllabus
2018-2019**

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| Course: YOGA CORE FITNESS | Teacher: Mrs. Carol Barnes cbarnes2@everettsd.org Telephone: (425) 385-7039 | Planning Period: 2nd Lunch: 2nd | | | | | | | | | | | |
| Course Description: | | | | | | | | | | | | | |
| Enjoy the benefits yoga and core training can provide by participation in this class. Areas of focus will be on low impact activities to improve overall flexibility, strength, core and cardiovascular endurance. Reduction of stress and increased ability to focus is an added benefit that typically coincides with yoga practice. | | | | | | | | | | | | | |
| Essential Student Learning Outcomes: | | | | | | | | | | | | | |
| <p>The students acquire the knowledge and skill necessary to maintain an active life: movement, physical fitness, and nutrition.</p> <ul style="list-style-type: none"> • Students will develop fundamentals and complex movement skills as developmentally appropriate. • Students will safely participate in a variety of developmentally appropriate physical activities. • Students will understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals. • Students will understand the relationship of nutrition and food nutrients to physical performance and body composition. | | | | | | | | | | | | | |
| Course Outline: | | Grading Scale: | | | | | | | | | | | |
| <p>All physical education classes at Jackson are designed to improve the overall fitness levels of students, to enhance individual skills, and to further their knowledge of the concepts used to successfully participate in lifetime fitness activities. The 5 basic components of fitness are stressed throughout each course.</p> <p>Basic yoga and core training skills are learned moving toward advanced practices used in most health clubs/studios. Students will learn about the different styles of Yoga and poses that coincide with each style. To enhance the course, we add activities such as Tae Bo, Pilates, medicine or stability ball work & hand weights. (Formative)</p> <p>Students will keep Personal Information Portfolios and learn to evaluate their level of fitness, plan their workouts, and support their goals nutritionally and emotionally. These Portfolios and a written reflection concerning the information are part of their Final Reflection Power Point and Fitness Plan. You will also be assessed on their ability to demonstrate proper skill, safety, endurance, and the ability to “follow” the routine or practice in class. There will also be several Behavior/Effort checks (see rubric) graded on a 4 pt. scale & converted to a letter grade. These checks will factor into part of your participation grade. (Summative)</p> <p>Fitness levels and Body Composition will be assessed at the beginning, middle and end of the semester. Every day is an opportunity to improve in the 5 components of fitness. Improvement is considered in calculating final grades with the exception of BMI. (Diagnostic)</p> | | <p>Daily Participation/Behavior/Effort : 60 % Diagnostic Assessments : 20 % Summative Work : 20 %</p> <table border="1" style="width: 100%;"> <tr><td>A = 93 % - 100%</td></tr> <tr><td>A- = 90% - 92%</td></tr> <tr><td>B+ = 87% - 89%</td></tr> <tr><td>B = 83% - 86%</td></tr> <tr><td>B- = 80% - 82%</td></tr> <tr><td>C+ = 77% - 79%</td></tr> <tr><td>C = 73% - 76%</td></tr> <tr><td>C- = 70% - 72%</td></tr> <tr><td>D+ = 67% - 69%</td></tr> <tr><td>D = 60% - 66%</td></tr> <tr><td>F = 59% and below</td></tr> </table> <p>Examples of Loss of points: Non Participation = -10-20 pts Non suit = -20 (double Fitness Days), -1/2 for partial suiting yet participate Tardy = -3 to 5 pts <i>*depending on time & participation</i> Safety/Procedures (gum, jewelry, electronics, etc.) = -5-10 pts. Sportsmanship = up to -20 pts Lack of Effort = up to -20 pts Lack of Cooperation = up to -20 pts Late Work= -5 to 50% credit, check deadlines! Bringing Phone= -10pts, more than once -20pts</p> <p>Additional Items to Bring for Class: Deodorant, Yoga mat, towel, sealable water bottle, hair tie, “yoga-toes”&/or flip flops, athletic shoes for core training.</p> | A = 93 % - 100% | A- = 90% - 92% | B+ = 87% - 89% | B = 83% - 86% | B- = 80% - 82% | C+ = 77% - 79% | C = 73% - 76% | C- = 70% - 72% | D+ = 67% - 69% | D = 60% - 66% | F = 59% and below |
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Jackson High School Physical Education Policies and Procedures

Grading: Physical Education is a participatory course; consequently, grading is based primarily on daily *physical* participation. Students earn 10 points on most Activity Days for being appropriately attired, on time to class, participating, and cooperating to the best of his/her ability. Fitness Testing Days are worth 20 points. Participation points may be deducted for lack of effort, cooperation or sportsmanship/etiquette. Behavior and/or effort concerns on a regular basis may result in one full grade drop at the end of the semester.

***Medical Excuses*:** If an injury or illness prevents you from participating to the best of your ability, you must have a note to be excused (partially or physically) & not receive a “Non-Suit”. The note must include the date, specific reason for excuse, a parent/guardian’s signature and a phone number. Any alternate physical activity they CAN do (walking, biking, weight lifting w/ uninjured body part, etc.) should be included as well for an opportunity to still receive participation points. Even though you may be excused from partial or all activity, it is your responsibility to dress down, stretch if possible, or assist the teacher with non-active duties, again, allowing potential for partial points to be earned.

Daily points are not automatically awarded with medical excuses; they must be earned through participation or an alternate activity. Points lost for properly excused medical conditions may be made up to gain participation points back (see next paragraph). *Excuses for longer than three days must be from a physician with a release date of when you may return to full participation.* If an inhaler is needed on a regular basis, you must inform the nurse and your teacher.

PE Make-ups: Points lost from **properly excused** absences (within 48 hrs) and/or medical excuses can be made up. Times and dates will be arranged by the PE Department and announced when the dates become available. Please note that limited opportunities are available so take advantage of them. Absences for school related activities are completely excused and do not need to be made up. Make-ups may only be done at Jackson High with a teacher supervising. One PE make-up is worth up to 10 points. After school athletics or exercise programs do not count as PE make-ups! *Students may not make up points lost for unexcused absences or tardiness, non-suits, or behavior without a parent conference and/or student contract.*

DAILY PROCEDURES...

Dress/Non-suits: You are required to have a **separate change of clothes** for Physical Education other than what you wear to school. Appropriate attire for class includes a single layer, athletic short sleeve *T-shirt* or tank top (2” wide+ on top), shorts (> 3” inseam) or yoga pants, socks, and non-marking athletic shoes. Clothing must be free of zippers, snaps, buttons and other metal or plastic. Hats and jewelry are also not permitted during class.

Being prepared for class with the appropriate clothing is the most important step toward success in Physical Education. The consequence for not suiting up is progressive each time, -10points times the # of non-suits you have. EX: your 3rd non-suit results in minus (-) 30pts.

Dressing Time for PE: Students are given five extra minutes to change into appropriate attire for class. They are to be ready to go by five minutes after the bell. Students are not allowed to enter their classroom until their teacher invites them in. At the end of class a few minutes are set aside for putting away equipment. They are dismissed to the locker rooms 5 minutes before the bell to leave. Students may NOT leave the locker room prior to the bell. Leaving the locker room before the bell will result in truancy.

Food: Food, drink, and gum are not permitted in the gym, weight room, locker rooms or when we are playing outside. Water bottles may be used in specific courses and are listed as recommended in their syllabus.

Electronics/Phones: It clearly states in the Student handbook that these are not to be brought to class for any reason. Electronics MUST be left in the locker room. The policy and consequences in the Student Handbook will be adhered to; also **if you are seen with any electronic device** you will lose 10 points for the day & the teacher will store the device in the store room for the period. Exceptions to this policy on fitness days are at the teacher’s discretion.

Lockers: Each student will be assigned a locker for use during the course. You are required to keep all of your personal belongings and District issued computers locked up during class. Students may check out a lock if they cannot provide their own. We discourage you from bringing other valuable items to school. All borrowed locks must be returned at the end of the semester or when transferring out of the course. There is a replacement fee of \$6.00 for any lost locks. **We are not responsible for lost or stolen items!**

HENRY M. JACKSON HIGH SCHOOL

Please sign and return by Friday, Feb 1st. All other information is on the P.E. Course Syllabus...

<https://www.everettsd.org/Domain/942>

Click on "Course Expectations" of the class you are taking.

Every student has access to grades on-line. You **will not** receive a printed progress report. Official progress reports will be mailed, usually quarterly.

Students and Parents please both initial the following statements...

_____ I understand that I will be responsible to check grades/attendance on the web site provided to me. I understand grades will be updated every week to 10 days!

_____ I understand the Medical Excuse policy AND "Suiting Up" expectations & Non-suit consequences.

_____ I understand the Electronic Devices policy for P.E.

_____ I understand that Grading will be a combination of daily participation & effort, sportsmanship, cooperation, physical skills, and written work including academic knowledge of health and fitness.

Is there any information you can give us that will help your son/daughter to do well in this course? Please include any medical information that your son/daughters teacher needs to be aware of. Although the Syllabus is more about the "rules and regulations", be assured that my courses focus on healthy attitudes about fitness and learning to enjoy physical activity at ALL skill levels!

Parent/Guardian: Name: _____

Phone: _____

Parent Email Address (please print neatly): _____

"We have read and understand this invitation to learn as described in the syllabus. Our signatures show that we are setting a course towards success in this class."

PRINTED Student Name _____ **PERIOD** _____

Parent / Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

Due Date: Please returned by Feb 1st= 25 points