



# 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

Yoga mat  
Athletic top and bottoms  
Athletic shoes for weight room  
Water bottle  
Hair ties for long hair

### Adopted Resource(s)

OPEN <https://openphased.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:

Arizona College Prep Middle School, 1150 W Erie St, Chandler, AZ 85224

### Building principal:

Manjula Reddy  
[reddy.manjula@cusd80.com](mailto:reddy.manjula@cusd80.com)

### Teacher:

Heather Orr MA  
[orr.heather@cusd80.com](mailto:orr.heather@cusd80.com)

**Office hours:** Tuesday - Friday 7:30-7:50 am in PE office

## Course Access

This course is taught in-person at Arizona College Prep Middle 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

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- Contact the teacher to schedule an appointment during office hours
  - [Ed Tech](#) support for students, parents/guardians, and community link ([cusd80.com/Page/45109](https://cusd80.com/Page/45109))

### **Mental Health Support**

- CUSD mental health support [cusd80.com/Domain/10528](https://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](https://cusd80.com/handbooks). Printed copies will be provided upon request.

### **Student Responsibilities**

All students will have the opportunity to earn an "A". The students can earn 15 points each class period (5 points for participation, 5 points for proper attire, 5 points for behavior/respecting others/personal responsibility). Students will also earn points for periodic assessments and projects.

### **Late work**

Students will have the opportunity to make up an absence by writing a one-page, double spaced, Times New Roman, 12-point font summary of an article relating to physical activity, fitness, sports, or health (an example can be found on my website). The article summary must be submitted no later than one week after the absence.

## **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**

15 daily points, 80% of quarter grade is reflected by student participation and 20% is reflected by projects, journaling, and additional assignments.

### **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 PED770A Yoga**

Yoga Education  
Weight Room Basics

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



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**Site:** Arizona College Prep Middle School

**Building Principal:** Manjula Reddy, reddy.manjula@cusd80.com

**Teacher:** Heather Orr, orr.heather@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 Education	<input type="checkbox"/>	<input type="checkbox"/>
Weight Room Basics	<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)

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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.***