



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

To ensure a hygienic, safe, and comfortable learning environment, ALL students are required to dress appropriately for this physical education class each day:

1) Physical Education uniform:

- a. Any Casteel Yoga shirt/tank, Casteel t-shirt or plain t-shirt or tank top (black, white, gray, navy) - no midribs or chests shown
- b. Athletic shorts (knee length or longer) or yoga pants/leggings - no bottoms shown
- c. Shoes (to be taken off when approaching mat, but worn to and from class)
- d. Water bottle
- e. Long hair must be tied back

Casteel Yoga apparel can be purchased in the bookstore. Tops are \$10 and bottoms are \$20.

2) Composition notebook (100 pages)

3) Yoga mat

The classroom does have loaner mats to use should the student not be able to provide their own.

Adopted Resource(s)

OPEN <https://openphysed.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:

Camille Casteel High School, 24901 S Power Rd, Queen Creek, AZ 85142

Building principal:

Jayson Phillips

phillips.jayson@cusd80.com

Teacher:

MaryJoyce Ramirez Bachelor of Arts

ramirez.maryjoyce@cusd80.com

Office hours: 2:30-3p Monday and Tuesday, and upon appointment

Course Access

This course is taught in-person at Camille Casteel 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

I am excited to be a part of our amazing school and I look forward to working with our students and exploring the positive impact that a consistent yoga and mindfulness practice can have on our students' lives. The majority of the curriculum is dedicated to learning about yoga history, yoga practices, practicing the skills of various yoga techniques, along with learning various mindfulness techniques. Students can expect to learn yoga history, breathing techniques, basic and intermediate yoga postures and content, stretching, strengthening, balance and focus, and more. It is my intent that this class will challenge each student to reach his or her highest potential and allow opportunities for success and enjoyment while also developing physically, emotionally, socially and intellectually.

Attendance is an integral part of being successful in this class, and any PE course. Students must make it a priority to be present.

If a student is tardy to class, teachers will follow this process to rectify students being late to class:

*A warning on the first and second offense

*The teacher will email/call home on the third

*Notify Attendance Interventionalist and email/call home on the fourth

*On the fifth offense, the teacher will refer the student to our Attendance Interventionalist, who can work with families and assign Saturday school if necessary

The teacher has the option to provide their own lunch detention at their discretion instead of writing a conduct referral.

Upon arrival to class, students are expected to place their cell phones in the phone pocket hanging on the wall. One warning will be given. After the warning, teacher will have security take the phone away, notify parent(s), assign lunch detention, and submit a conduct referral if the problem persists.

Students should check Infinite Campus daily to be up-to-date with his/her grades for all classes. Teachers are expected to enter at least two grades each week. Being on-top of your grades will help students be responsible for their academic success. If there is ever an error in the student's yoga grade, students are to politely make Ms. Ramirez aware either in-person or via email.

Students are expected to check Google Classroom daily. Ms. Ramirez puts the day's slides/agenda and/or assignments after school each day. Google Classroom is also where students will find and submit

their homework that is posted every other Friday morning before school starts, and due that Sunday before points are deducted.

Google Classroom is also where students can find an example of the one-page summary to be submitted to earn back daily participation points.

Each student will receive a lock and a locker at the beginning of the semester. Personal locks are not permitted. 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 \$10.00 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 your OWN locker AT ALL TIMES. DO NOT leave items out. Teachers are not responsible for stolen items in the locker room.

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 than three days) must be verified by a doctor's note.

Late work

It is desired that students turn in their assignments on time, however we understand that sometimes late work occurs. Below are the deductions for late assignments, including in-class and homework. (NOT make-up participation points)

*Assignments turned in between 1-5 days late will receive a deduction of 20% to the grade earned

*Assignments turned in between late Day 6 and Progress Report/End of Quarter (See dates below) will receive a grade of 50%

*Assignments not turned in by Progress Reports/End of Quarter (See dates below) will earn a Permanent Zero

*Late assignments must be turned by the following dates-no exceptions

Quarter	Progress Report/Mid Qtr	End of Quarter
Quarter 1	08/15/2023	9/26/2023
Quarter 2	11/15/2023	12/19/2023
Quarter 3	2/6/2024	3/5/2024
Quarter 4	4/23/2024	5/17/2024

Students may lose points for excessive tardies (three or more), minimal or no participation, poor attitude, foul language, not dressing out for class and/or an unexcused absence. Students must be in class to receive points for PE. The ONLY exception is if a student is absent due to a school related field trip or Casteel athletic game, which are marked in Infinite Campus as such.

Students will have the opportunity to make up an excused absence, and receive the full 16 daily participation points, by writing a one page, double spaced, Times New Roman, 12-point font summary of an article/TedTalk/video relating to yoga, mindfulness, physical activity, or health. A Work Cited page is also to be included. Students must submit the summary within one week of the absence in order to earn the participation points back—one per excused absence. Students can refer to Google Classroom to see an example of how the summary should be formatted. The summary will be emailed to Ms. Ramirez, or a hard copy can be given to her during class.

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

All students will have the opportunity to earn an "A". The students will be graded so that 50% of their grade is based on participation and 50% consists of journaling assignments, projects, discussion, etc. Students may earn up to 16 participation points per class (1-attending class on-time, 5-participation/effort, 5-proper attire, 5-respecting others/personal responsibility/following directions), and additional points for assignments, journaling, or projects. A student is considered on-time to class when he/she has entered the classroom prior to the door closing. Students get a total of 10 minutes to dress out for class (except Period 1). Five minutes after dismissal bell, and five minutes after the tardy bell. Period 1 students are expected to be in the classroom at 7:35am.

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

What is yoga?
History of yoga
Breathing techniques
Meditation
Stress management
Chakras
Mental health and mental illness

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



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Building Principal: Jayson Phillips, phillips.jayson@cusd80.com

Teacher: MaryJoyce Ramirez, ramirez.maryjoyce@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
What is yoga?	<input type="checkbox"/>	<input type="checkbox"/>
History of yoga	<input type="checkbox"/>	<input type="checkbox"/>
Breathing techniques	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>
Stress management	<input type="checkbox"/>	<input type="checkbox"/>
Chakras	<input type="checkbox"/>	<input type="checkbox"/>
Mental health and mental illness	<input type="checkbox"/>	<input type="checkbox"/>

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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.