OMS Physical Education

Yoga Syllabus

Digital Online Learning

Mrs. Rose

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Dear Students and Parents,

Welcome back to a fun semester of learning new things in new ways under new circumstances! I am excited to provide you with an opportunity to learn yoga and live and move in ways that promote health and balance and establish a healthy sense of self. Yoga is more than just poses; **it is a way to learn focus and discipline while improving strength, balance, flexibility, and endurance.**

**COURSE OBJECTIVES AND GOALS**

**In this class, students will:**

* learn skills of basic to advanced yoga poses, technique, and practices
* practice proper techniques of yoga breathing
* explore relaxation postures
* understand the importance of transition, flow, and sequencing
* develop an awareness of the body, mind, and spirit through a variety of poses.
* create and perform their own sequence of poses in a Sun Salutation

**Students will demonstrate competency in the following yoga skills and concepts:**

* Standing and sitting poses
* Supine or lying down poses
* Balance poses
* Sun Salutations
* Sequences of poses
* Benefits of yoga
* Relationship of nutrition to performance, fitness, and body composition

**YOGA ATTIRE**

To participate safely and effectively in this class, students need to have proper clothing for physical activity. Yoga pants or leggings work best to allow for freedom of movement. Yoga socks and gloves are optional but are helpful in giving good grip on surfaces.

**GRADING**

Participation is very important in this class. Factors that will help determine your overall grade include:

* Daily participation (attend class)
* Attitude and effort
* Technique/skill improvement on yoga poses
* Quizzes/Tests
* Journal reflections
* Yoga performance task (instructions will be given at a later time)

**I will be using Google Classroom as my platform for teaching.** Students have their Google account information to access Google Classroom. Assignments will be posted each week under “classwork”, and any announcements will be put in Google “stream” for students to stay informed. I have sent an invitation to all parents in Google Classroom that you can accept so you have access to your child’s work and progress.

You should be able to access your child’s academic, discipline, and attendance information whenever you wish through the Skyward website. I will update the gradebook weekly. Please routinely check your child’s progress so you can stay abreast to what is happening in class. I will keep you informed of your child’s progress through a variety of ways: progress reports, phone calls, email, and Zoom conferences.

**If you have any concerns throughout the semester, please do not hesitate to contact me. My information is listed on the first page of this course syllabus.** It is through this partnership that we can maximize our efforts to assist your child to be responsible, reach her potential, and have a successful experience.

Mrs. Rose

Yoga Teacher