

YOGA 15/25/35 COURSE OUTLINE



In **Yoga 15/25** students will experience the health benefits of yoga and develop their well-being and personal management skills – skills which will help them to balance school, work and other life priorities. Yoga is a holistic pursuit of wellness where students are encouraged to challenge their limits, both physically and psychologically. Learning and experiencing yoga in a supportive group setting helps students gain a better sense of identity, both as individuals and as active agents of a broader world.

Through the various yoga movements, students will further develop their physical literacy in numerous ways and develop increased self-awareness including learning how to relax. They will learn to identify the precursors of stress and release them more easily which will assist them in making responsible personal choices and decisions.

Students will develop an enhanced appreciation of their own body, and an acceptance of its uniqueness. They will have improved spinal mobility, increased flexibility of movement, increased strength, and improved posture and sitting habits. Their focus and concentration will improve, as will their functional breathing. They will learn to be more in touch with their own needs, and those of others.

Guiding Questions:

1. How does performing the postures, asanas, breathing techniques and relaxation techniques of a yoga practice assist in experiencing wellness and benefits?
2. How can students develop an understanding of their unique needs, limitations and growth through yoga?
3. How can students benefit personally from a yoga program?
4. How is an understanding of anatomy and physiology relevant to yoga?
5. What are the historical roots of yoga as an art, science and philosophy?

***These guiding questions span all course levels. Students are expected to show an increased sophistication and refinement of skills in demonstrating outcomes as they move through the 15/25/35 course levels.**

Course Assessment:

<u>Category</u>	<u>Description</u>	<u>Weighting</u>
Participation <ul style="list-style-type: none">• Self evaluation• Teacher assessed	Effort, energy, focus put forth in daily practice and willingness to work with others in a positive, caring, respectful manner.	40%
Skills and Knowledge <ul style="list-style-type: none">• Quizzes• Assignments	Ability and willingness of student to apply the techniques offered re:skills. Students will also be asked to identify 'critical features' of various poses and knowledge of information relating to your yoga practice.	20%
Growth and learning documentation Growth document due: #1 Oct. 1st #2 Nov. 12th #3 Jan. 14th	A daily journal reflecting on your yoga practice will be kept in Google Classroom. Students need to show improvement in ability to do poses and will begin to develop a <i>Yoga Growth Document</i> of themselves. This will involve personal data, pictures, journal entries with self reflection and class activity responses. *to be determined: informal teaching of assigned postures*	40%

Assignments:

- **It is the student's responsibility to make up missed work.** All assignments will be available in our Google Classroom. If you are ill or unable to hand in an assignment on the due date, you are to contact me to make arrangements for completing the work.
- If you know that you are going to miss a due date, it is your responsibility to **contact me** to let me know.
- **Late assignments:** If you submit an assignment after the due date, it is your responsibility to email to let me know that the assignment has been submitted. Once I have assessed an assignment in Google Classroom, I do not go back and check to see if work has been submitted, **UNLESS you email me to let me know it has been submitted.** Late submissions will be assessed when I am caught up on current assessments.

Computers:

- WH Croxford is a 1-to-1 school. Students should bring a personal device that will support working and learning in this environment. A laptop or tablet is considered appropriate as a learning device. Cell phones are NOT learning devices.

Attendance:

- Regular class attendance is imperative to reach a desired level of physical activity and fitness. To earn full credit, a student is expected to **attend and participate in all of the class sessions.**
- Email me to let me know if you will be absent from class.
- If you are unable to attend class for reasons beyond your control, and if it is excused by a parent/guardian, I will assign you a yoga video to complete so that you are still earning your participation points.
- Unexcused absences will negatively affect your grade.