

Westlake Warrior

Yoga, Pilates, and Fitness Training PE Syllabus

The Yoga, Pilates and Fitness Training PE course at Westlake High School seeks to develop the quality and productivity of each individual's life through participation in a comprehensive, sequentially planned Physical Education program. The curriculum complies with the **California Physical Education Physical Education Standards** for High school level as adopted by the Conejo Valley Unified School District.

COURSE OBJECTIVES

- Students will develop a sense of body awareness.
- Students will deepen their understanding of anatomy and kinesiology through vocabulary and performance.
- Students will demonstrate and discuss the importance of proper body mechanics for injury prevention.
- Students will demonstrate a series of stretching and resistance training exercises with a focus on breathing and body awareness that leads to core stability and muscle tone.
- Evaluate goal-setting and other strategies as effective tools for maintaining and increasing adherence to a personal physical activity program.

COURSE OVERVIEW

- Make self-care a priority through the practice of journaling, yoga, pilates, movement exercises, nutrition, and breathing techniques.
- Students will learn glossary terms associated with yoga, pilates, and fitness.
- Students will learn yoga/pilates history, philosophy and lifestyle.
- Students will learn styles of yoga/pilates.
- Students will learn breathing techniques.
- Students will learn applied anatomy and physiology.
- Students will identify and apply the principles of biomechanics necessary for the safe and successful performance of fitness activities.

WHS

CLASS PROCEDURES

1. **Be on Time!** You must be sitting in roll call order 7 minutes after the tardy bell.
2. **Participate** to the best of your ability each day.
3. **Keep hands, feet and negative comments to yourself.**
4. **Use appropriate language.**
5. **Do not disrupt any class.**
6. **Use the restroom before or after class.**
7. **Take care of equipment** (students will be responsible for damaged equipment).
8. **Jewelry** (watches, earrings, etc.) is a safety hazard and **should not be worn.**
9. **Report all accidents immediately!**
10. **Cell phones should never be used in class. The use of cell phones will result in loss of 100 points. This will result in a lowered grade.**

FACILITY & LOCKER ROOM RULES

1. **Students will be assigned a locker where uniform is stored throughout the day.** Students are responsible to purchase a WHS lock from the student store. *Used locks may be purchased from the P.E. Office.*
2. **Student is responsible for the safety of their property.** Keep items locked at all times and NEVER share your locker or give your combination to anyone.
3. **Only plastic containers** are allowed in the locker room. **Flammable items will be taken away and discarded** (such as hair spray or other aerosol items).
4. **Students must stay out of the locker room during the class period.** The locker room is locked during lunch.
5. **Students may not be in the Gym or Mezzanine without a teacher present.**
6. **No Food or Drink** in the Locker Room, Gym, or Mezzanine.

UNIFORM

1. **Be dressed daily in proper P.E. Uniform** (including if not participating due to illness).
2. **Required Uniform:** WHS Gray P.E. Shirt; WHS Royal Blue Shorts and/or **BLACK** Leggings, shorts or yoga pants.
3. **Optional clothing** includes Royal Blue Sweat shirt and pants. Sweats may not have any non-WHS logo or lettering. **NOTE:** Any non-PE clothing, such as jeans, worn under or over your uniform will result in a Non-Dress.
4. **Loaners are available and mandatory.**
5. **PE clothes should be labeled with student's last name.**
6. **Clothes should be kept clean and in proper condition.** Clothes may not be torn, cut off, or frayed.
7. Traditionally yoga is performed in bare feet. **Students will need to wear shoes to and from yoga class.**

Grading System & Procedure

1. Students will be evaluated through a variety of methods including written, demonstration, observation and performance. In addition to testing and participation, grades will be based on written assignments and occasional homework assignments. A standard grading scale is used.
2. **Points will be deducted as follows:**
 - 5 Absence (can be made up) 20 absences = "F" grade
 - 5 Excused Medical (must dress, can be made up)
 - 5 Per Non-Uniform item (can be made up)
 - 2 Loaners (can be made up)
 - 20 Not following locker room/facility procedures
 - 20 Non-Dress; Non- Participation; or Truancy**Note: 5 Non-Dresses; Non-Participations or Truancies will result in a fail for the semester. These points CANNOT be made up.**
3. **Make-Ups** for Medical and or/excused absences will consist of running or walking laps around the track after school (1 lap = 1 point). *** Make-up schedules will be posted in the locker room and it is the responsibility of the student to make arrangements to attend.*
4. **Final Grade is given each semester.** A total of two years (20 credits) of Physical Education are required for graduation.

EQUIPMENT

1. **Yoga Mat** - Perhaps the most important requirement for practicing Yoga is the Yoga mat. Yoga mats help one to execute all Yoga postures in comfort. The idea behind using Yoga Mats is that they form safer landing grounds and provide cushioning. Other major reason of using a Yoga mat is that it provides traction for your hands and feet, which prevents you from slipping when you attempt to do a Yoga posture. Besides safety, a Yoga Mat also helps to distinguish your own personal space.
2. **Journal/File Folder (required)** – Students will be required to bring a journal/notebook to class daily for note-taking and in-class assignments. In addition to a journal/notebook, a binder or thin folder with pockets will be needed for any handouts which may be given in class.
3. **Walking Shoes** – In instances when an indoor room or outdoor area is unavailable for yoga practice the students may be required to walk outside.



Illness and Medical Excuses

1. **Parent notes** excusing the student from activity should be given to the teacher during roll-call at the beginning of class.
2. **A parent may excuse a student up to 3 school days.** (Conejo Unified School District Policy) Notes should clearly state the illness and date (or dates) excused.
3. **A Doctor's note is required for illnesses exceeding 3 days.** Notes must be given to the School Nurse at the beginning of the school day. **Note:** If you are medically excused for four (4) or more weeks, you will be placed in study hall. You will not receive P.E. credit for that semester.
4. **Long Term limitations (asthma, scoliosis, knee or back injuries) must be on file with the school nurse.** These must be renewed each school year by your physician.
5. **Students are expected to dress for class during their medical excuse or illness days.** If the student cannot participate at all, daily points will not be earned. Points can be made up at a later date.

