



South Jordan Middle School | 2020-2021
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COURSE SUMMARY

This course is designed to expose students to the healing world of yoga, where they will acquire tools to continually strengthen their mental and physical health. Students will understand the importance of mindfulness and identify and reinforce the mind and body connection through intentional meditation, focused breathing exercises, and poses and flows to strengthen and stretch particular areas of the body. Through the lens of yoga, students will also gain vital life skills such as self and relational awareness, kinesthetic awareness, confidence, respect for themselves and others, discipline, motivation, and many other skills that promote lifelong learning and elicit success.

OBJECTIVES

- Understand the history and philosophy of yoga while identifying its importance and purpose across time and history.
 - Cultivate breath control.
 - Comprehend and demonstrate a variety of yoga poses.
 - Identify and differentiate muscular and skeletal terminology to enhance body awareness.
 - Acquire mindfulness practices that support total health and wellness.
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EXPECTED ATTITUDE

- Come willing to try new things without hesitancy or resistance. Be prepared to be fully engaged and participate in every activity.
 - Be positive and uplifting towards yourself and others.
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MATERIALS

Students will need to bring a writing utensil, their chromebooks (once assigned), and face masks to class everyday. Students may also decide to bring their own yoga mat or towel to bring from home. This is not required. Due to the conditions of COVID-19, we will not be able to provide a class set of yoga mats this year.

COVID-19 GUIDELINES

This course is considered HIGH RISK (see the CDC's Health Guidelines and district policies to learn more about high risk activities). Due to this, we will be taking extra precautions to ensure the safety of your students.

TEMPERATURE CHECK

Upon entering the dance room, students will get their temperatures checked by the teacher. If their temperature is at or above 100.4 degrees, they will be sent to the attendance office.

MASKS

Students will be required to wear a face mask throughout the duration of class, as well as in the hallways and locker rooms if they decide to dress out for class.

DRESSING OUT

Due to the nature of our current conditions, students are no longer required to dress out in exercise clothing for class. However, it is highly recommended.

If students wish to dress out, they will change in the locker room (following social distancing guidelines) and will be assigned a locker where they can store their belongings. Here are some suggestions on what would be acceptable to wear, if students wish to dress out for class...

- Bottoms
 - Sweat pants (tighter fitting)

- Yoga pants or leggings (not see-through, no mesh or holes above the knee)
- Joggers (must be stretchy material...no jeans)
- Basketball, runner or soccer shorts (must have spanx or compression shorts underneath)
 - None above mid-thigh
- Tops
 - Athletic Shirts
 - T-shirts
 - Tops may be short sleeved, long sleeved, or a wide tank top. Midriffs must be covered always (no crop tops).

This dress code aligns with the school dress code. Please refer to the school handbook or website for additional dress code guidelines. *"If you question it... Don't wear it!"*

If students do not wish to dress out, they will not be penalized. However, if the student cannot move in the clothes they wear to school, they may be asked to sit out and complete an alternate assignment. If this scenario frequently occurs, an email will be sent home to the parent. Remember that this is a class based on movement of the body in various ways, so daily clothing choices and their moveability should be considered.

Students, whether dressing out or not, will be required to participate in class barefoot. Socks and shoes will be utilized when specified. This is for the safety of students and the preservation of the dance floor.

SANITIZING PROCEDURES

When to sanitize hands...

- Upon entering the dance room ANYTIME
- After touching the floor for extended periods of time.
- Before and after using shared supplies such as colored pencils, scissors, fans etc.
- Upon exiting the dance room ANYTIME

Sanitizing equipment

- The dance floor will be sanitized between each class period, as well as any equipment used throughout the class.

SOCIAL DISTANCING

- Students will be required to engage in yoga on a designated part of the dance floor, separated and measured 6 feet apart.
- Students will not be involved in physical touch throughout the duration of this class.

ATTENDANCE

ABSENCES

Students are required to stay home from school if they are ill and/or exhibiting any symptoms of COVID-19. All course work that is happening physically during class will also be available in an altered version on Canvas. Alternate assignments, different from current coursework may also be given on a case by case basis.

Students that are present in class but are unable to participate due to an injury or clothing restrictions will have an alternative assignment to make up the class activities. If a student is injured or has a physical limitation that prevents them from dancing must bring a doctor's note.

TARDIES

If dressing out...

- Students will be given five minutes after the tardy bell rings to dress out. If students are not present in class after that time allotment, they will be considered tardy unless excused by a note from a parent (must come from the attendance office) or teacher.

If not dressing out...

- Students must be in their roll call spot by the time the tardy bell rings. If students are not present at that time, they will be considered tardy unless excused by a note from a parent (must come from the attendance office) or teacher.

ELECTRONIC DEVICE POLICY

Keep all electronic devices in your lockers or backpacks, unless stated otherwise. This includes cell phones, airpods, headphones, ipods, ipads, etc. Apple watches and fitbits are permitted unless inappropriately used or the student becomes distracted.

If these rules are violated, the student may get their technology taken away for either the class period or the entire day. Emails home to parents will also be sent.

FOOD AND DRINK POLICY

There is no water fountain in the dance room, so please bring full water bottles that are spill-proof! Food is not allowed in the dance room unless specified otherwise. Students who need frequent snacks for any reason, please contact me and there will be an exception to this rule. Gum is also prohibited!!

GRADING PROCEDURES

STANDARDS BASED GRADING

Our school is incrementally making a transition to a new grading system: Standards Based Grading. This grading system will be implemented to the best of my ability in all dance department classes.

Students will be graded on a 0-4 scale. Here is an idea of what that looks like...

4	<p>Advanced Phase: Has a multi-faceted understanding and application of curriculum.</p> <ul style="list-style-type: none"> • “I am very confident with this and can teach someone how to do this” • “I can incorporate knowledge and skills from other content areas and apply to this knowledge or skill”
3	<p>Proficient Phase: Meets the expectations of the curriculum and the standards.</p> <ul style="list-style-type: none"> • “I can do this on my own and I can show I understand”
2	<p>Emerging Phase: Partial mastery of the curriculum and the standards.</p> <ul style="list-style-type: none"> • “I can do this with help or an example in front of me” • “I can talk about it, but may not be able to demonstrate it” or “I can demonstrate it, but may not be able to talk about it”.
1	<p>Conceptualize Phase: Has a basic understanding of the curriculum and standards.</p> <ul style="list-style-type: none"> • “I am starting to get it, but am still confused” • “I need this explained to me in various ways”
0	<p>Vacant Phase: The student did not put forth any effort to learn the material or has a barrier to learning.</p>

While this is the method, I will be using for grading, letter grades and percentages will still be reflected on Skyward. Our school uses a Proficiency Scale to Conversion chart, which is available on the school website or the Canvas homepage for this class.

ASSESSMENTS VS. PRACTICE

80% of student's grades will be based on assessments (how well did you learn and apply the material), while 20% of their grade will be based on practice (assignments as we learn the material).

CITIZENSHIP GRADE

Students will receive a citizenship grade for this class. Citizenship grades are determined by behavior, attitude and participation in the class. Qualifications for a good Citizenship grade...

- Being prepared
- Following class rules (especially those about COVID-19)
- Punctuality
- Exhibits a positive attitude towards themselves and others
- Ready to listen and learn

This does not affect their overall percentage in the class.

COMMUNICATION PROTOCOLS

Students will be sent home with notes regarding any announcements or new information. Parents may be emailed involving concerns or questions with their child. Students and parents may email me or meet with me in person with any questions or concerns. Emails will be answered during the school day, only.

CANVAS

View disclosure documents, see course content, assignments, assessments and keep updated with a calendar of relevant events on your students Canvas page. Instructions on how to access your student's canvas page can be found on the school website.

Feel free to contact me with any questions or concerns you may have. I am available to chat over email, phone or in person. Personal contact information is at the top of this disclosure.

I can't wait to heal from the inside out and the outside in with all of you! Cheers to a great and interesting year!