**Welcome to Yoga!**

Instructor: Ms. Bykonen

Email: [bykonenj@issaquah.wednet.edu](mailto:bykonenj@issaquah.wednet.edu)

*Meeting place: Black Box*

This is a one semester course for students who are interested in yoga. This class is designed to create a non-competitive and supportive environment where students of all yoga skill levels can learn and grow. Yoga is a wonderful lifelong activity that focuses on flexibility, strength, stress relief, and so much more. I look forward to helping my students develop their yoga practice.

Course Objectives:

1. Stretch and strengthen major muscle groups
2. Improve cardio respiratory endurance
3. Improve balance both physically and mentally
4. Learn correct breathing techniques
5. Develop lifelong fitness habits
6. Work cooperatively with others

**How will I be graded?**

|  |  |  |
| --- | --- | --- |
| **What does a 10 look like?** | **Lower than a 10** | **What does a 0 look like?** |
| Student is in exercise attire and ready at the start of class. This includes PE shirt. | Student dressed in exercise attire, but could be missing PE shirt. | Not dressed appropriately for class. |
| Student gives their best effort and participates for the entire class period in all activities. | Student shows some effort in activities, but could perform at a higher standard. | No participation from student. |
| Student is respectful towards classmates and teacher. | Student has to be reminded of class rules, and could improve on teamwork skills. | Student is disrespectful, chooses not to cooperate with teacher and peers. |

Regular Days = 10 points, Block Days or cardio Days = 20 points

**Grading Categories**

**Behavior/Effort/Participation:** Students can earn up to 10 points on a regular day and 20 points on a cardio day.

**Assignments:** One assignment per month.

**Final:** Students will have two finals. This will include a final project and the 5K. More information will be given about the final on May 1st 2020.

*Attendance and Make-ups*

Unexcused absence or non-suit = Loss of daily points, no make-up is allowed.

Excused absence or non-suit = Loss of daily points, BUT can and should be made up.

Points are updated on a daily basis.

*Cardio Days*

Even though the required form to go off campus says “Walking/Field/Activity Trip”, students are still expected to be doing one of the following: Wog, jog, or run. Students will receive more information about this during the first week of school by the PE staff.

*PE Attire*

Athletic clothing and footwear (shorts, sweats, yoga pants, PE shirt, socks, and athletic shoes) are required for this PE class. Even though students will not use shoes every day in class, they will need them to walk to and from the Black Box. Points will be taken if students are not appropriately dressed for class.

*Locker Rooms*

Behave and be respectful of others. Make sure to write locker combinations down so they are not forgotten. If a teacher has to look up a combination more than once, points will be taken.

**What if I’m absent?**

Unexcused absence: Student will receive a zero and the missed day cannot be made up.

Excused Absence: A student can miss one class period (regular day) without the absence impacting their grade. The day will be marked as a no count in Skyward, and the student’s grade will not be impacted. However, the student can earn back the ten points by making up the missed day. Any missed days after the one free day must be made up for points. *If a student is absent on a cardio day, the absence needs to be made up!*

Please refer to the PE website on how to make up excused absences. There are a variety of options.

Students can make up two excused absences with at home make-up forms. Please talk to Ms. Bykonen before attempting an at home make-up form. All other excused absences must be made up during PE make-ups. Please refer to the schedule on the website.

<https://sites.google.com/site/issaquahhighpe/home>

I understand that things come up (prolonged sickness, family emergency, etc.) All I ask is that students communicate so we can figure something out in regards to making up the missed days.

**What will a typical week look like?**

Monday: Run/jog

Tuesday and Wednesday: Yoga or hike (alternates by the week)

Thursday: Yoga

Friday: Yoga

**What do I need for this Course?**

1. Issaquah High School PE shirt
2. Exercise clothing (shorts, sweats, sweatshirt, socks)
3. Shoes (athletic shoes) No boots, flip flops, slip on shoes!
4. A composition book (journal)
5. Yoga mat (optional) – We have mats that we can provide.

**Please return this sheet to Ms. Bykonen by Monday September 9th.**

I have read this syllabus and understand the expectations for this course.

Student name printed:

Signature of student:

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Parent name printed:

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Signature of parent:

Preferred parent email: