



Yoga, Cardio Conditioning, and Intro to P.E. Grand Haven High School



Course Number: M 58

Grade Level: 9-12

Credits : 1/2

Prerequisite Courses : N/A

Course Description

This class is designed for those who are interested in participating in a variety of activities that will positively influence their health, well being and fitness levels. Students will benefit by strengthening core muscle groups and increasing flexibility, balance and energy levels. Students will engage in a variety of activities, including yoga, hiking, high intensity training and team sports such as tennis, soccer, ultimate frisbee, badminton and volleyball.

Course Objectives

Students will assume greater self-responsibility in their lives and display a better understanding of Yoga Principles. They will demonstrate responsibility for their own health-related fitness status by participating in daily routines and presenting their final exam. Students will engage in a variety of Yoga disciplines (e.g., ball, partner, pilates and wall yoga) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can use this information to plan and design their own programs to complete their Final Examination. Cardio boot camp workouts and a variety of team sports will also be a part of weekly routines.

Student Expectations

Students will be on time for class daily with the proper attire for daily activities. Being respectful of everyone in our classroom is an expectation of students daily behavior. Students will perform daily workouts to the best of their ability.

Communication

Each instructor will communicate with students through Remind 101. Teachers will also be available through email and phone.

Building Behavioral Expectations

TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

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Grading Policy

·	Final Exam	20%
·	Daily Participation and Effort	80%

Grand Haven Physical Education Grading Scale:

A	100 - 92	C	77 - 72
A-	91 - 90	C-	71 - 70
B+	89 - 88	D+	69 - 68
B	87 - 82	D	67 - 62
B -	81 - 80	D-	61 - 60
C+	79 - 78	F	59 - 0

Scope and Sequence

For the first nine weeks, we will be implementing Yoga stretching sequences twice a week. We will be doing cardio boot camp workouts once a week in the weight room. The other two days will be a variety of activities such as hiking, p-90 x and insanity workouts, as well as a variety of team sports.

For the second nine weeks, students will design, structure, and present their Final Yoga Projects two days a week. The other three days, we will follow the same routine as the first nine weeks.

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