



Masconomet Regional High School

Learning is Life

"The Masconomet High School community believes that learning enables us all to achieve ambitious personal goals, develop fine minds, and build strong character. Therefore, we foster the acquisition of attitudes, skills and knowledge necessary for life-long learners to think critically in order to participate in a global society."



9103-07-09 Yoga/Self Defense

Teacher:	Verdaguer or Gomes	Room:	Yoga Room
Class Time:	Period 2 & 4	Office Hours:	After school Monday-Thursday or by appointment
Office:	D109	Office Phone:	X5109
E-mail:		Semester/Year:	

Course Description:

Learn stress reducing techniques through Yoga and discuss ways to defuse confrontations using training methods from Crisis Prevention Institute (CPI).

Course Goal:

The first goal of this course is to introduce students to the benefits of yoga. The second goal of the course is to teach students how to live, learn, and thrive in a safe and respectful environment (CPI).

Required Text: (N/A)

Course Objectives:

Upon the completion of this course most students should be able to:

1. Move through space with body and spatial awareness.
2. Develop appropriate breathing techniques.
3. Increase flexibility, strength and coordination.
4. Recognize and perform asana individually or in sequence.
5. Safely manage disruptive or difficult behavior while balancing the responsibilities of care (CPI).

Requirements:

Attendance (100 Points): Students will begin the quarter with 100 points assigned specifically for attendance. For each class a student is absent without an excuse they will be deducted 30 points. Class begins promptly five minutes after the bell, thus if attendance is taken and a student arrives late they will be deducted 12 points (3 Unexcused tardy= 1 Unexcused absent). If you do not participate during class you will be deducted 12 points. Parents will be notified if student is absent or unprepared to participate more than two times.

Dress/Uniform (100 Points): Please come dress appropriately (shorts or warm-up pants, sneakers, and a loose fitting top). Failure to dress properly will result in points being deducted. Twelve (12) points will be deducted for those who do not come to class prepared. You will also lose participation points for the day (another 12 points).

Participation (100 Points): Participation will be based on the student's attitude and effort. If you are not demonstrating a good attitude and positive effort in relation to your teammates, opponents, referees and/or teachers you will be deducted 12 points per class.

Written exams (20 Points Each): Quizzes will be given at various times throughout the quarter. Quizzes will serve as a measurement of the students' understanding of yoga and self defense.

Performance evaluation (20 Points Each): Students will be asked to perform various asana while being graded on recognition and proper posture. This will occur at various times during the quarter.

Respectful Learning Environment:

1. Please arrive promptly to class.
2. Arrive to class ready to learn. Have all assignments, readings, homework, etc. completed prior to class and prepared to be handed in class (stapled).
3. Be prepared to engage in discussion, ask questions, and participate in all activities.
4. Please turn off all cell phones and music players.
5. Remove all trash, paper, food/beverage, when leaving the classroom.
6. Respect all members of class, their opinions and contributions to class.

Consequences of Misbehavior:

1. Student will kindly be asked to resume proper behavior.
2. Student will be asked to sit out until they are ready to return to the activity assigned by the teacher.
3. Student will be asked to sit out the remainder of the class and will be assigned a detention to be served at the teacher's discretion.
4. Failure to report to any of the assigned detentions from that point on, will result in parent notification, as well as, notification of the vice principals.

*If student is unable to participate in PE for reasons related to injury or ill health, the following procedure should be followed:

1. If one to five gym classes will be missed, students must bring a note from a parent to the gym teacher. Even though students are excused from active participation, they must attend class and may be asked to help when appropriate.
2. If more than five gym classes will be missed, students must show a physician's note to the school nurse. The school nurse will send the student, with a copy of the physician's note, to the guidance counselor for assignment to study. The school nurse will send a copy of the physician's note to the gym teacher. The school nurse will also monitor the student's progress and will inform the teacher and counselor when the student may return to class. Students will not be held responsible for material covered in the gym class during the extended absence.