

POB-JFK High School

Guidelines for Beginning Yoga

All PE/Dance classes are graded based on the following categories:

- **Preparation and Attendance** 20%
- **Participation and Effort** 20%
- **Skill and Cognitive Assessments** 20%
- **Personal Social Responsibility** 20%
- **Overall Improvement** 20%

❖ **PREPARATION AND ATTENDANCE*:**

- Students are allowed no more than 4 *excused* absences in each quarter.

Examples: class trip, college visit, home sick, testing center, music lesson, suspension, counselor visit, death in the family, religious observance, other administration approved absence

- After the 4th *excused* absence the student is required to make up the class to receive credit. (Each excused absence beyond 4 will affect your grade just like an unexcused absence unless they are made-up.) Physical Education make-ups will be offered every other day. Space is limited in the Make-Up classes. In order to provide a safe and healthy learning environment, students will need to sign up prior to attending the make-up class. **All make-ups must be completed within 2 weeks of the missed class.**
- Unexcused Absence - (**cutting class/ absent w/out valid excuse**) – will result in full loss of credit for the day and an assignment of after school detention (and for seniors, a loss of parking privileges). Unexcused Absences are tallied *per semester*.
 - **Unexcused absences cannot be made up.** **3 or more** unexcused absences in a **semester** will result in a denial of course credit. [*Withdrawn for Attendance - WAD=grade of 50 and withdrawal from the course*].
 - **Lateness or Early Departure** – 3 lateness/early departure of any kind will result in an unexcused absence. When the bell rings, PE students will be allowed 7 minutes to change, exceeding this time limit will be considered lateness.
- Attendance will be taken promptly at **7 minutes after the 2nd bell**.
 - Anyone not present at that time will be marked late. Those that come in late *must sign in on the LATE SHEET.* Any student who does not sign in will not receive credit for the class.

***If a student switches PE classes during the semester, the student's attendance will follow the student to their new PE class.**

➤ **Students are responsible for monitoring their own attendance on Student Portal and will NOT be given individual reminders about unexcused absences or the need for make-ups**

➤ **Class Rules:**

- *Yoga:*
 - ✓ Students are expected to change and store their yoga mat in the locker room. (Students will be given a master lock at the beginning of the year and must lock up their possessions.)
 - ✓ Students are expected to bring their own mat to class each day (unless told otherwise by the teacher)
 - ✓ Students must wear clothing that permits **full and safe participation** in class.
 - ✓ It is recommended that students wear some form of sweats, leggings or long shorts with a T-shirt.
 - ✓ Clothing should be of appropriate dimensions to **cover all undergarments while participating.**
 - ✓ *Hair* must be up, and **all visible jewelry** must be off.
 - ✓ Students should use their changing time at the beginning and end of the period to use the bathroom if needed.
- There is **no gum, food, drink, (except bottled water) or "street shoes" allowed in the Dance Studio**

❖ **Students must walk down to the Dance Studio in the shoes they wore to school and then remove their street shoes and store their shoes (and bags) in the Studio.**

❖ **PARTICIPATION AND EFFORT:**

- Students are expected to participate with maximum effort to the best of their ability.
 - Students who are unprepared *must still participate to the best of their abilities.*
 - Students who are not seriously ill or not seriously injured are expected to *safely* participate to the best of their abilities.
 - Students unable to participate due to an excused medical reason must report to their assigned physical education class. An alternative assignment will be offered to earn credit for the day.
 - Students who are too ill or injured to participate and do not have a doctor's note *must* go to the nurse to seek medical treatment.
- Students not prepared or who are unable to participate in physical education are not allowed to participate in interscholastic sports, or cheerleading on the same day.

❖ **SKILL AND COGNITIVE ASSESSMENTS:**

- Students may be evaluated on their skill application. All authentic skill assessments will be based on individual growth. Cognitive knowledge may be assessed through the use of tests; quizzes; presentations; discussions; informal writing activities, etc.

❖ **PERSONAL SOCIAL RESPONSIBILITY:**

- Students will demonstrate positive social responsibility skills during class, including but not limited to attitude, leadership, showing respect, good sportsmanship, respecting the space and equipment, safety, and teamwork.

❖ **OVERALL IMPROVEMENT:**

- Students will be assessed on a daily basis on their overall physical and cognitive improvement from the beginning of the marking period to the end. *No points will be deducted unless students are not improving due to lack of effort or poor attitude.* Should points be deducted, the teacher will communicate this with the student.

*****Students are required to purchase a YOGA MAT for this course which will be used daily:**

Mats can be purchased from any sports/ yoga retailer, some department store, or specialty store.

IF PURCHASING A MAT FOR CLASS:

**Please keep the mat in its packaging until you bring it into school
(so it can be exchanged if it is not the correct type)**

***It is not recommended that you purchase mats online unless you have done so before:
often the quality is poor and returns/exchanges can be difficult***

Student's Name: _____

I understand that I will be held accountable for the policies and procedures outlined above and that my grade will be calculated as described and posted on my transcript. I understand that once these policies are explained, it is my responsibility to follow through on them and ask questions of the teacher if necessary.

Student's Signature: _____

Parent/Guardian Name: _____

I have read this course outline and understand that my child will be held responsible for the procedures and policies described, and that their class attendance, grades, and progress reports are available to me through the parent portal on "infinite campus".

Parent/Guardian Signature: _____