

MINDBODY FITNESS

HIGHLAND PARK SENIOR HIGH SCHOOL

Welcome! This is an elective course that meets all the national standards for physical education. This is a very unique class in that you have to show self-discipline every day. In order to be successful in this class, you will need to understand and apply the following:

- Dress for class- You will need to wear athletic apparel every day to class. (Personal Responsibility)
- Be on time. Once you walk into class, you are in yoga mode.
- Get equipment set up. Place shoes and belongings along the wall. Shoes need to be brought in the room in case of emergency drills.
- If you are set up before class starts, you may practice moves quietly, lay quietly, or practice deep breathing.
- Be willing to explore beyond your perceived limits. Yoga is about you-modifications are limitless. You should not judge others as they should not judge you. Work with your body, not against it.
- Be quiet! This class is going to be challenging for some. In yoga, you are a part of the energy felt in the class. If you come in late, leave early, or talk, you are disrupting the focus of the other students.
- Have a good attitude.
- **NO CELL PHONES!!!** You will be asked to leave if you are found to have your phone on you while on your mat. Be present in the room. Outside distractions take away from you and the others around you.
- Once the class starts, you are expected to stay in class. (Unless there is an emergency)
- Dismissal- The teacher will dismiss you, not the bell.
- Stay quiet as you wipe and roll up your mat.
- Please be respectful of students who wish to stay on their mats a little bit longer to destress, rebalance, or refocus for the day.

MYP AIMS

- use inquiry to explore physical and health education concepts
- participate effectively in a variety of contexts
- understand the value of physical activity
- achieve and maintain a healthy lifestyle
- collaborate and communicate effectively
- build positive relationships and demonstrate social responsibility
- reflect on their learning experiences.

GRADING:

- Effort
- Improvement
- Participation
- Reflections/Journals
- Vinyasa Assignment
- Final

Students will be expected to dress in active wear and have proper shoes to perform fitness activities.

Assessment will be based on a 70% formative and 30% summative, because we are being active daily; it's our intention to reward effort and positive sportsmanship on a consistent basis through daily achievement.

*This is a participation-based class. If you do not participate, you will not pass.