

# YOGA SYLLABUS

## WHO IS MY INSTRUCTOR?



Mrs. Elisha Johnson

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Degrees:

Bachelor's in health education

Endorsement in educational technology

Certified yoga instructor

Hobbies:

Camping and traveling, board /card games, chickens

## WHAT IS THIS CLASS ABOUT?

Welcome to the yoga course. I am glad you have chosen to take this course and make the move towards becoming more at peace with yourself and the world around you.

In this course we will practice many different types of meditation and yoga as well as study the reasoning and purpose for each. We will do research into why these practices are good for our bodies and brains and learn how we can incorporate it into our daily lives.

This course follows the Utah state standards for vooga



## WHAT DO I NEED?

### Class Supplies

- A WRITING UTENSIL Pencil/Pen
- A folder to keep your worksheets and projects clean and organized
- Your charged Chromebook
- Comfortable clothes to move in. Follow school dress code.

## EXPECTATIONS

When practicing yoga, you are not expected to do every move perfectly and you should not expect to be 100% all the time. The practice of yoga is to become aware of your abilities, both body and mind, and improve each day.

### Before class

- Charge Chromebook
- Complete any missed work or homework
- On yoga days- come dressed to participate

### When I get to class

- On yoga days- get out mat, remove shoes, put backpack and electronics away.
- Get out worksheet or project
- Have a writing utensil
- Turn cell phone off

### During class

- Listen actively
- Participate in activities
- Respect others in words and actions

### After class

- Check Canvas for notifications and to make up work
- Email for help

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## HOW WILL I KNOW WHATS HAPPENING?

Every Monday I will send students and parent/guardians an email regarding what will be happening in my class for the next two weeks. Please read these to know what is expected and to be prepared for class.

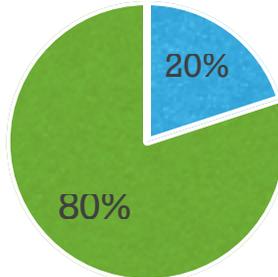
\*\*parents/guardians please make sure to have an updated email in Skyward

## WHAT SHOULD I EXPECT FOR HOMEWORK?

Nearly all work will be completed IN CLASS. If students have homework it is because of missed class time or extra work on projects.

## HOW WILL I BE ASSESSED?

Students' final grades will be calculated using weighted percentages, with each of the following categories contributing as displayed.



Exam grades will be on a 1-4 scale

4= Exceeds expectations

3= Meets expectations

2= Almost there

1= Needs more practice

- Participation, Classwork
- Exams, Projects, Journal work

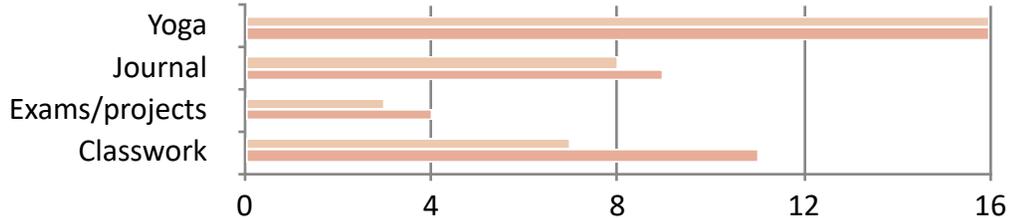
## HOW THIS CLASS WORKS

Half of this class will be in the classroom and half will be in the yoga room.

This will allow for background classwork, projects and discussion as well as quiet practice in the yoga room.

Students will have 3 things to complete for their journals each week. Journals will be graded at 80% and will not show in Skyward until term ending. They will show in Canvas.

This is a breakdown of work that will be assigned first and second terms



## PHOTOS

Occasionally I will take photos of the class. Sometimes they are for Donors Choose projects or social media. If you DO NOT want your student in these photos please email me.

 SIGNATURES

I reviewed the syllabus, understand its contents, **have an updated email and phone number on Skyward** and agree to my responsibilities.

STUDENT (PRINT name)

GUARDIAN