



## Dartmouth High School

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**COURSE: YOGA 11**

### Contact Information:

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- ✓ Parents and students please to refer to the HRSB *Assessment, Evaluation, and Communication of Student Learning Policy* accessible at <http://www.hrsb.ns.ca/>

**Term Mark:** 80%

**Process Exam:** 20%

### Course Introduction

Yoga 11 introduces students to the ancient tradition of Yoga in its various forms and styles. With its vast capacity to bring vibrant health to body, mind and emotion, the intention is for students to develop a lifelong personal practice of yoga not only to maintain exceptional physical condition, but also to develop healthy relationships with self and others. Above all, this is an activity that students can enjoy as a regular form of recreation for the remainder of their lives.

Students will participate in various activities, including the physical practice, personal reflection, partner exercises, group discussion and classroom theory.

The physical aspect of yoga involves the acquisition and development of skills such as strength, flexibility, cardiovascular endurance, balance, regulation of energy through breathing and mental focus. All of these skills are of significant benefit to one's overall health and well being as well as other physical pursuits. Classroom sessions will address topics such as: the essentials of good nutrition, ethical principles (like kindness, generosity, and mutual respect), and learning experiences which empower students to become positive and purposeful members of society.

### Evaluation

*When determining a students' final grade:*

- ✓ *No single assessment tool (i.e. presentations, labs, demonstrations, portfolios, debates, written tests/quizzes) will account for more than half of the value of each Gradebook category*
- ✓ *Learning trends over time will be considered, more recent student work and the teacher's professional judgment*

*Students will participate in a final cumulative assessment opportunity that allows them to demonstrate an appropriate range of the learning outcomes and process skills involved in the course. This final assessment, whether a written examination or alternative assessment opportunity, will be worth no more than 20%.*

### **Students in Yoga 11 will explore the following units and topics:**

#### **Proper Breathing and Asana Practice: 50%**

- Postures (standing, balance, seated and restorative) with proper alignment

- Sun Salutations Sequence (alignment, integrating breath, postures and movement)
- Breathing Techniques
- Anatomy and Physiology
- Create a Yoga Practice

**Integrating a Mindful Practice: 20%**

- Eating Practices
- Relaxation Techniques
- Personal Application of Yoga

**The Origin and Philosophy of Yoga: 10%**

- Eight Limbs of Ashtanga Practice
- Application of Yogic Text and Principles
- Four Forms of Yoga

**Assessment Practice**

*Students will be provided with multiple opportunities to demonstrate their progress toward achievement of the Yoga 11 outcomes.*

- ✓ Assessment **for** Learning/Formative Assessment is the ongoing process of gathering and interpreting evidence about student learning for the purpose of determining where students are in their learning, where they need to go, and how best to get there; instructional strategy that takes place while the student is still learning and served to promote learning
- ✓ Assessment **of** Learning/Summative Assessment is the process of analyzing, reflecting upon, and summarizing assessment information and making a judgment and/or decision based upon the information gathered.
- ✓ Assessment will take many forms, and will include observations, conversations, and products.
- ✓ Assessment Tools include, but are not limited to self-assessments, self-reflections, journals, assignments, presentations, daily participation, demonstration of poses and the final process exam.

**Creating Opportunities for Success (reference school code of conduct)**

- ✓ Students are expected to attend class regularly, be punctual, be prepared with appropriate materials, and homework complete.
- ✓ Students are expected to take an active part in their own learning, and follow the DHS school code of conduct (as outlined in the student handbook).
- ✓ Students are expected to demonstrate responsible use of technology.
- ✓ Students are expected to make positive contributions to the learning environment.
- ✓ respect for self, peers, teacher, environment
- ✓ Participate to the best of their ability in the physical practice of yoga and sharing their views on the theory component of yoga in their everyday lives

**Procedural Expectations**

*Students are responsible for:*

- ✓ *Seeking assistance with assignments when required;*

- ✓ *Requesting an extension for assignments in a timely manner when required;*
- ✓ *Completing assignments by specified due dates so that teachers can provide timely feedback;*
- ✓ *Responding to feedback provided during the learning process.*
- ✓ *In the event that a due date for an assignment is missed, it will be at the discretion of the teacher and principal to extend the deadline.*
- ✓ *Students who do not adhere to the extended deadline will have missed that opportunity to demonstrate achievement towards the outcomes addressed in that assignment.*

- ✓ When an assessment is missed due to an absence, students are asked to communicate with the teacher to arrange for the assessment to be completed before the assessment occurs if at all possible.

### **Communication Tools**

*Dartmouth High School will use a variety of methods to communicate student achievement throughout the school year.*

- ✓ Parents and students are encouraged to monitor progress (as well as lates and absences) using the PowerSchool portal.
- ✓ Assessments may be coded as collected, late, missing, or not included in final grade. There may also be comments listed, such as areas of improvement or dates for negotiated extensions.
- ✓ When assessments start to be categorized in a new strand, these assessments are initially weighed heavily and may cause significant change in a student's overall grade. This weighting will become more balanced as assessments continue to be included in the new strand.
- ✓ While DHS has a number of scheduled opportunities for communication between home and school (Curriculum Night, Parent-Teacher Interviews, Mid Term Reports, Final Report Cards), parents and students are encouraged to contact the teacher any time during the semester to discuss progress.

### **Accessing Help**

- ✓ Extra-help is available upon request. The best learning opportunities occur during class time so being in class is an essential part of this course. That being said, if you are struggling with a concept please come and see me as soon as you are encountering the issue and we will work it out ☺.

### **Equipment/Course Needs**

- ✓ Comfortable, loose fitting clothing for daily stretching and physical activity, pens, paper, water bottle, duotang and binder for notes and handouts.

### **Please sign and keep this outline in your Yoga Binder:**

I have read the communication plan:

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

If you have any questions about the communication plan, please contact me at the contact information listed above.