



South Jordan Middle School | 2022-2023

Nicole Benson | Dance Annex | nicole.benson@jordandistrict.org

COURSE SUMMARY

This course is designed to expose students to the healing world of yoga, where they will acquire tools to continually strengthen their mental and physical health. Students will understand the importance of mindfulness as well as identify and reinforce the mind and body connection through intentional meditation, focused breathing exercises, poses and flows to strengthen and stretch particular areas of the body. Through the lens of yoga, students will also gain life skills such as self and relational awareness, kinesthetic awareness, confidence, respect for themselves and others, discipline, motivation, and many other skills that promote lifelong learning and elicit success.

OBJECTIVES

- Recognize the history and philosophy of yoga
- Define key yoga concepts and principles
- Understand the benefits of yoga
- Cultivate breath control
- Comprehend and demonstrate a variety of yoga poses
- Identify and differentiate muscular and skeletal terminology to enhance body awareness
- Acquire mindfulness practices that support total health and wellness such as meditation and meaningful relaxation

EXPECTED ATTITUDE

- Come willing to try new things without hesitancy or resistance
- Be prepared to fully engage and participate in every activity
- Be positive, uplifting and respectful towards yourself and others

MATERIALS

- REQUIRED
 - Bring a writing utensil
 - Appropriate clothing to change into (discussed more below in “Dressing Out” section)
- OPTIONAL
 - A personal yoga mat.
 - We do have a class set of yoga mats that students can use and are cleaned after each use. However, if your student is more comfortable using their own from home, they may do so. Mats from home can be stored in the classroom to skip the daily transport.
 - A water bottle
 - Colored pencils. I will provide colored pencils, but extra would be appreciated.

DRESSING OUT

Due to the highly physical nature of the class, students are required to change into clothing that easily allows for a wide range of movement. This is a **daily requirement** (unless otherwise specified) that will factor into their participation grade. Students will be given a locker and a lock to store their clothes and change in the locker room located in the school's gym. Students will change in the locker room first and then meet in the dance annex (unless otherwise specified). Below are the rules and recommendations for clothing.

- **TOPS**
 - CAN WEAR
 - Athletic tops, t-shirts, or any type of shirt that easily allow for a wide range of movement. Tops may be short sleeved, long sleeved, or a tank top with front to back straps.

- CANNOT WEAR
 - Low cut or billowy shirts (without coverage underneath), crop tops or any shirt that exposes the midriff, shirts with cutouts or that are see through.
- **BOTTOMS**
 - CAN WEAR
 - Sweat pants, yoga pants or leggings, joggers, appropriate length shorts (with proper coverage underneath) or any other bottoms that easily allow for a wide range of movement.
 - CANNOT WEAR
 - Any pants that are so loose that they cannot stay up all the way, leggings or any other pants that are see through in any way (cut outs, lace or sheer material) above the knee, shorts that go above the mid thigh, jeggings.

This dress code aligns with the school dress code. Please refer to the school handbook or website for additional dress code guidelines. **If you question it... Don't wear it!**

ATTENDANCE

ABSENCES

Students are required to stay home from school if they are sick. If a student is absent from school, **it is their job to reach out to Mrs. Benson through email to stay caught up in class.** Mrs. Benson will determine what is necessary for each student on a case by case basis to make up any work missed in class. **If the student does not reach out, Mrs. Benson will assume the student does not wish to make up missed work and will not receive points for the day(s) missed.**

Students that are present in class but are unable to participate due to an injury will have an alternative assignment to make up the class activities. If a student is injured or has a physical limitation that prevents them from participating, they must bring a doctor's note.

TARDIES

Students will be given five minutes after the tardy bell rings to change into their appropriate clothing. If students are not present in class after that time allotment, they will be considered tardy unless excused by a note from a parent (must come from the attendance office) or teacher.

Students will then be excused 5 minutes early from class to go to the locker room and change back into their regular clothes. If students are caught wandering the halls or disrupting any other classes (especially those occurring in the gym), they will be given the appropriate consequences.

ELECTRONIC DEVICE POLICY

Keep all electronic devices in your lockers/backpacks, unless stated otherwise. This includes cell phones, airpods, headphones, ipods, ipads, etc. Apple watches and fitbits are permitted unless inappropriately used or the student becomes distracted.

If these rules are violated, the student may get their technology taken away for either the class period or the entire day. Emails home to parents will also be sent.

FOOD AND DRINK POLICY

There is not a water fountain in the dance room, so please bring a full water bottle that is spill-proof! Food is not allowed in the dance room unless specified otherwise. Students who need frequent snacks for any reason, please contact me and there will be an exception to this rule. Gum is also prohibited!!

GRADING PROCEDURES

STANDARDS BASED GRADING

Our school is incrementally transitioning to a new grading system: Standards Based Grading. This grading system will be implemented to the best of my ability in all dance and yoga classes.

Students will be graded on a 0-4 scale. Here is an idea of what that looks like...

4	Advanced Phase: Has a confident and multi-faceted understanding and application of curriculum. <ul style="list-style-type: none">• "I am very confident with this and can teach someone how to do this"• "I can incorporate knowledge and skills from other content areas and apply to this knowledge or skill"
3	Proficient Phase: Meets the expectations of the curriculum and the standards. <ul style="list-style-type: none">• "I can do this on my own and I can show I understand"
2	Emerging Phase: Partial mastery of the curriculum and the standards. <ul style="list-style-type: none">• "I can do this with help or an example in front of me"• "I can talk about it, but may not be able to demonstrate it" or "I can demonstrate it, but may not be able to talk about it".
1	Conceptualize Phase: Has a basic understanding of the curriculum and standards. <ul style="list-style-type: none">• "I am starting to get it, but am still confused"• "I need this explained to me in various ways"
0	Vacant Phase: The student did not put forth any effort to learn the material or has a barrier to learning.

While this is the method I will be using for grading, letter grades and percentages will still be reflected on Skyward. Our school uses a Proficiency Scale to Conversion chart, which is available on the school website or the Canvas homepage for this class.

ASSESSMENTS VS. PRACTICE

80% of student's grades will be based on "assessments" (how material was learned and applied), while 20% of their grade will be based on "practice" (assignments to assist learning). In Skyward, "assessments" worth 80% of the grade will show up in the color green, while "practice" worth 20% of the grade will show up in the color pink.

CITIZENSHIP GRADE

Students will receive a citizenship grade for this class. Citizenship grades are determined by behavior, attitude and participation in the class. Qualifications for a good Citizenship grade include the following:

- Being prepared
- Following class rules
- Punctuality
- Exhibiting a positive attitude towards themselves and others
- Ready to listen and learn

This does not affect their overall percentage in the class.

COMMUNICATION PROTOCOLS

All announcements will be made through Canvas or in person during class. Emails home regarding announcements or student behavior may occur as well.

CANVAS

On our Canvas page, you will be able to view disclosure documents, learning material, announcements, assignments and assessments. Instructions on how to access your student's canvas page can be found on the school website.

Feel free to contact Mrs. Benson with any questions or concerns you may have. I am available to chat over email, phone or in person. My personal contact information is at the top of this disclosure.

I can't wait to practice the art of yoga with you all! Namaste!!

Please sign below to state that you've read and agree with all policies within this disclosure.

Please Print Student Name

Parent/Guardian Signature

Date