**Yoga 110**

**S. Hudson**

**Gym/Room 238**

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 emotions, 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, others and the world around them.

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

**Outcomes include:**

1. The origins and philosophy of Yoga.
2. Proper breathing and asana practice.
3. Yoga and healthy eating.
4. Personal growth with self and relationships with others.

**Materials required:**

Yoga mat and gym clothes.

**Expectations:**

1. Students will do all assigned work to the best of their ability and come for extra help when necessary.
2. Students are responsible for being prepared for class, with **all** materials, and their homework completed.
3. Students are responsible for all work assigned, **whether or not** they were present when the work was given.
4. Due dates are to be respected. If there is a problem regarding an assignment being passed in on time, the student is expected to see me before the due date.
5. Students are also expected to be polite, respectful and on time.

**Evaluation:**

Term Marks:

Practice and Participation 50%

Projects and assignments 50%

**Absenteeism and marks**

A legitimate absence is for school related activities, illness or bereavement.

**Group marks**

Group marks will be earned based on your days present and working with your team.  For example, if a project takes ten class days to complete and the group receives a mark of 80%; but you were only there for 5 days you would receive a 40%.  Even if you have a legitimate reason for being absent the expectation is that you will make up for the time you missed by contributing to the group from home or working during study block when you are able.  Alternatively, if you know you are going to be absent you may choose to work alone if the teacher gives you that option.

**In-class project marks**

You will be marked based on the number of days that you are present and participating in class.  If, for example, you earn a shop mark of 70% and you were there 90% of the time your mark would be 63%.

**Late assignment policy:**

* To get full marks, assignments need to be handed in by the assigned due date.
* For every date late, after the assignment due date, 10% will be deducted from the mark (up to a maximum of 40%).  Weekends count as one day.
* If a student is absent on a due date, a written legitimate excuse from a parent or guardian must be presented upon the student’s return, or the late-day deductions will apply.
* A student’s mark cannot be lower than 60% given that the student deserves a passing grade on the assignment to begin with.  Any work getting a mark of less than 60% will receive that grade.
* In order to be graded, all work must be handed in **no later than one week**after the given due date of the assignment.  Term marks are final.

**BLMS Attendance Incentive –**

Exams are normally worth 30% of students’ mark. To reach Academic Incentive, a student must meet the following criteria:

1. Miss 5 or fewer classes in that particular subject (only school related activities and bereavement are exempted excuses); AND
2. Be in good standing (not owing for assignments, projects, etc.)

The subject teacher will then apply one of the three following options to the student’s advantage:

1. 15% Final Exam, 85% Class Mark
2. 50% Final Exam, 50% Class Mark