



Eleanor Roosevelt High School

411 East 76th Street • New York, NY 10021 • Tel: 212.772.1220 • Fax: 212.772.1440
Dimitri Saliani, Principal www.erhsnyc.org

Yoga

Course Description-

YOGA- Vinyasa Yoga is a vigorous and dynamic style of Yoga with special attention paid to linking breathing with movement. There will be a strong emphasis on standing poses as well as flexibility exercises.

YOGA Goals:

Students will be able to

1. Execute basic and intermediate Yoga poses including standing, sitting, and recumbent poses.
2. Students will be able to execute proper technique and alignment.
3. Through Yoga, students will improve strength, flexibility and mind\body integration.

Student Expectations for Yoga

Being prepared for class means

1. Wearing athletic attire that is worn ONLY during your PE class. The attire requires students to change into and out for classes.
2. Students not in compliance will receive a zero for the class.

Being on time for class means:

1. Arriving at your assigned attendance spot no more than five minutes after the period begins.
2. Arriving late two times is considered a zero.

Being personally responsible means:

1. Follow directions the first time they are given.
2. Treat people and their property with respect.
3. Follow safety rules at all times.
4. No gum, food, can or drinks in the gym at any time.



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5. Participate in class activities and give a good effort.

Participation in Yoga means:

1. Student shows effort and works on consistent basis.
2. Student shows the ability to work together with fellow classmates.
3. Student will demonstrate proficiency in selected complex physical activities that provide conditioning for each fitness area.

Yoga Excuse Policy

Since Physical Education is a participatory course, attendance and participation are vital to the success of every student.

1. Medical excuses must be signed by a doctor and must include a beginning and an ending date. If you are medically excused from participating in Physical Education, you are ineligible for participation in all athletic activities.
2. Medically excused students are responsible for completing bi-weekly assignments.

Grading Policy

1. Students will receive one of the following grades.

Pass- Student has **met or exceeded** all requirements during MP

D- Student in jeopardy because of **3 Zeros** in one MP

Fail- Student had received **4 or more Zeros** and will not receive credit for MP

Locks and Lockers

Students are responsible for bringing in their own lock during class. At the conclusion of the class, students will remove the lock and take it with them. Any locks left on the lockers are subject for removal by the custodian. Eleanor Roosevelt is not responsible for any lost or stolen items.



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