

Course Syllabus- Yoga

2026-2027

Content

Course Information

Yoga / Physical Education
Grade Level: 9th & 10th
Instructor: Arianna Hardin
Email: Ariannahard@gmail.com
School Year: 2026–2027
Meeting Schedule: Mondays and Wednesdays, 3:05–4:25 p.m.

Course Description

This non-religious yoga course introduces students to yoga as a physical fitness and wellness practice. Students will develop strength, flexibility, balance, coordination, body awareness, and healthy movement habits through yoga poses, stretching, breathing exercises, relaxation, and guided movement.

Goals & Standards

- Improve flexibility, balance, strength, and mobility
- Develop proper alignment and safe movement techniques
- Practice controlled breathing and relaxation skills
- Increase body awareness and physical confidence
- Develop healthy habits for fitness, recovery, and stress management
- Demonstrate respect, focus, and responsible participation

Texts & Materials

No textbook is required. Students are expected to provide a yoga mat and water bottle for class.

Course Content

Quarter 1: Yoga Foundations

- Introduction to yoga and class expectations
- Basic standing, seated, and floor poses
- Alignment, balance, and safe movement
- Warm-ups, stretching, and cool-downs

Quarter 2: Strength & Flexibility

- Strength-building yoga sequences
- Hip, shoulder, hamstring, and back flexibility
- Balance and stability exercises
- Flow sequences and movement transitions

Quarter 3: Mind-Body Wellness

- Breathing techniques for relaxation and focus
- Longer yoga sequences and personal pacing
- Recovery, mobility, and restorative movement
- Stress-management and healthy movement habits

Quarter 4: Personal Practice & Wellness

- Creating a personal yoga sequence
- Applying alignment and breathing techniques
- Fitness and wellness goal setting
- Final personal practice or demonstration

Grading & Assessment

- Daily Participation & Effort: 40%
- Skills & Technique Checks: 20%
- Written Reflections/Quizzes: 15%

- Fitness Journal/Logbook: 15%
- Final Project/Personal Practice: 10%

Course Expectations

- Arrive on time and prepared to participate
- Wear appropriate athletic attire that allows safe movement
- Participate to the best of your ability
- Respect classmates, the instructor, and personal boundaries
- Follow safety instructions and use equipment appropriately
- No negative comments about another student's body, ability, or performance
- Students may modify or rest from an activity when needed

Academic Integrity & AI

Students are expected to submit original work and follow school policies regarding academic integrity and appropriate use of AI for written assignments and reflections.

Student Support

Students are encouraged to communicate with the instructor when they need clarification, assistance, or an appropriate modification to an activity.

Instructional Materials

Students will use a yoga mat and water bottle during class. All additional instructional materials and resources will be provided by the instructor.