**Dance and Fitness**

Mrs. Walter

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**Course Objectives**

* All students will have an understanding of how to stay healthy and fit
* All students will have the opportunity to participate in various fitness activities
* All students will expand their knowledge of various types of dance including traditional, jazz, pilates, etc.
* All students will have the opportunity to learn and create choreography
* All students will have the opportunity to produce written materials including research papers, and evaluations

**Course Requirements**

* Students must be present to be able to learn. Participation and a positive attitude are a must! Read the attendance policy for make-up class procedures.
* Students will need to obtain the following for the Dance & Fitness Dress Code:
  + Jazz, Yoga Pants, or leggings for women
  + Loose pants for guys
  + Comfortable top you can move in
  + Jazz Shoes or Tennis Shoes
  + Appropriate Undergarments (sports bras, etc.)

\*Please follow the dress code or you will lose half your participation points for the day. You will need your clothes for the second day of school.

* Students will demonstrate their knowledge through projects, performances, and assignments.

**Class Structure**

Students will have the first five minutes to dress out in the locker room. Attendance will then be taken and students will lose half their participation points if they are tardy. We will follow with a warm-up, which each student will have an opportunity of leading during the quarter. You and a partner will be graded on your warm-up. Class may consist of learning choreography, technique work, polishing steps, cardio, strength training, creating choreography, researching, fitness techniques, Pilates, and Yoga.

**Evaluation and Procedures**

All work will be assessed by the teacher. All work is to be turned in or performed on time. 10% will be taken off for each day work is late. If the absence is excused, the students will have 48 hours to make up work. The overall point total will be divided with 70% based on participation, 20% assignments/projects and 10% performances.

**School Policies**

All policies will follow Castle View policies. This includes no food, drink, or gum. Students will be allowed ONE free missed class, any other absences must be made up and a make-up sheet must be turned in for each absence. You may write a one page critique on any dance performance.

**Guest Teachers**

There may be guest teachers brought in during the quarter. When scheduled, students will be asked to pay a one-time $10 fee. If this is a problem, please let Mrs. Walter know.

**Movies**

We will be watching movies to enhance student learning of the material in class. Films will be rated from Pg to Pg-13. If the parent does not permit this, students will be given an alternative assignment to complete. By acknowledging this form I give my child permission to view movies Pg to Pg-13.

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**I have read and understand Theatre 1 & 2 Syllabus. I have shown the syllabus to my parents and we agree on what is expected of me. I have asked any questions regarding the information included.**

**Parents, please email Mrs. Walter the information below. If you do not permit your child to view movies, please indicate as such in your email reply.**

**Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Contact Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**