

**WEST FARGO HIGH SCHOOL**  
**Dance Jam**



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**Course Description:**

Dance Jam involves high-intensity cardio dance routines that combine a variety of dance styles and aerobic movements to hip hop, pop, and international rhythms. Students will build on skills that include rhythm, balance, coordination, and choreography. A variety of dance steps will include Hip Hop, Salsa, Reggaeton, Merengue, Swing and Country. Students will also participate in fitness assessments, fitness workouts, and strength training. Participation in some form will be required for all students in the end of semester dance showcase.

**Physical Education OBJECTIVES**

- **Students will** demonstrate knowledge and understanding in a variety of motor skills and movement patterns.
- **Students will** apply knowledge of concepts, principles, strategies and tactics related to movement and sport.
- **Students will** demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Students will** exhibit responsible personal and social behavior that respects self and others.
- **Students will** recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**PHYSICAL EDUCATION DRESS (same dress required for online videos submitted)**

- You will have 4 minutes at the beginning of class to change into PE clothes.
- You will have 7 minutes at the end of class to change.
- Shorts or athletic pants.
- T-shirts with sleeves
- Tennis Shoes with laces must be worn for all activities.
- If you don't dress, you will receive 2 warnings the 3<sup>rd</sup> offense -10 after that
- 20 daily points

**MAKE UP WORK If you miss a class day**

- Time lapse video of the work out should be about 55 seconds long. The workouts need to be 60 minutes. When completed upload to make up folder on Schoology.
- Join PE "WIN" session 3 times to collect enough for a make-up day. Get the workout sheet signed by the teacher in charge. Once your paper is signed, turn in the teacher for make-up credits.
- Workout in the school weight room or cardio room after school and get a workout sheet signed by the coach in the weight room. Once your paper is signed, turn in the teacher for make-up credits.

# PACKER PROCESS – PE



**P**

## PREPARE FOR LEARNING

- BE ON TIME – KNOW YOUR SPACE
- WEAR ATHLETIC CLOTHING
- WEAR TENNIS SHOES (NO CROCS, BOOTS, SANDLES, DUDES)

**A**

## ASK FOR HELP

- HAVE A FACE TO FACE CONVERSATION WITH INSTRUCTOR
- EMAIL INSTRUCTOR
- CHECK SCHOOLGY
- SET A MEETING OR ATTEND A WIN SESSION

**C**

## COLLABORATE WITH OTHERS

PE IS A PARTICIPATORY CLASS.

- RESPECT PERSONAL EQUIPMENT AND SPACES,
- BE TEAM PLAYER

**K**

## KEEP TRACK OF ASSIGNMENTS & DEADLINES

- REFERENCE DAILY SCHEDULE (WHITE BOARD)
- CHECK SCHOOLGY
- CHECK POWERSCHOOL FOR MISSING WORK

**E**

## ENTER AND EXIT THE CLASSROOM APPROPRIATELY

- CHANGE INTO ATHLETIC CLOTHING DAILY
- BE IN THE ASSIGNED SPACE 4 MINUTES AFTER THE FIRST BELL
- TEACHER WILL DISMISS WITH 5-10 MINUTES LEFT OF CLASS DEPENDING ON THE RIGOR OF THE ACTIVITY.
- ALL STUDENTS WILL STAY IN THE PE HALLWAY UNDER THE SUPERVISION OF THE TEACHER UNTIL THE BELL RINGS.

**R**

## RESPECT SCHOOL AND CLASSROOM RULES

- BE COMPASSIONATE TOWARDS OTHERS.
- USE APPROPRIATE LANGUAGE. WORDS MATTER.
- KEEP ALL TECHNOLOGY, INCLUDING IPADS, PHONES, EARBUDS OUT OF SIGHT UNLESS OTHERWISE INSTRUCTED.
- IPADS AND EARBUDS ARE A PRIVILEGE ALLOWED IN THE CARDIO ROOM UNLESS OTHERWISE DETERMINED BY THE INSTRUCTOR

**S**

## SUBMIT WORK

- MISSING WORK IS DUE AT THE END OF THE NEXT UNIT VIA SCHOOLGY
- MAKE UP WORK OPTIONS INCLUDE
  - ATTENDING 3 WIN SESSIONS FOR 1 MISSED BLOCK,
  - 1 HOUR OF PHYSICAL ACTIVITY IN THE SCHOOL CARDIO/WEIGHT ROOM – MUST BE SIGNED BY STRENGTH COACH,
  - 60 MINUTES OF PHYSICAL ACTIVITY TIME LAPSE RECORDING
- ACTIVITIES INCLUSIVE OF ATHLETIC PRACTICES AND GAMES WILL NOT BE COUNTED TOWARDS MAKE UP WORK.