

Welcome to dance class!

DESCRIPTION

This course meets UC/CSU Visual & Performing Arts and District requirements for Physical Education or Visual and Performing Arts. This course is designed to provide students with opportunities to explore dance as an art and physical exercise. Students will be introduced to a variety of styles of dance including hip hop, jazz, lyrical, modern, ballet, musical theater, multi-cultural, dance fitness and conditioning. This course will also focus on the development of movement skills, movement knowledge, self-image, personal growth, performance skills and social evolution.

LEARNING OBJECTIVES

- Compare and contrast various dance genres, styles, and rhythms.
- Demonstrate proper alignment.
- Demonstrate improved flexibility, strength, and endurance.
- Apply proper techniques for warm up, center work and across-the-floor.
- Demonstrate dance combinations learned in class.
- Explain basic technical dance terms to include but not limited to plié, relevé, chaîné, pirouette, battement, chassé, jazz walks, layouts, percussive movements, jazz hands, and jazz splits.
- Explain and perform movements and techniques specific to ballet, jazz, lyrical, & modern dance.
- Illustrate the aesthetic associated with each ballet, jazz, lyrical & modern style introduced.
- Evaluate class performance and individual progress.
- Demonstrate beginning musicality and phrasing.
- Prepare and perform dance combination(s) choreographed by teacher, self, or with other students.

METHODS

This course involves student participation in classroom warmups, floor passes and center group combinations as these are repeated in each class session. It is important to attend class to benefit from this discipline. This allows the dancer to concentrate on specific muscle groups and build the physical foundation required for optimum movement potential. Successful students will: attend every class session, follow all classroom rules, be responsible for their own behavior, follow professional dance studio etiquette, learn dance vocabulary, be actively involved in all class/group assignments and be able to demonstrate what they have learned.

DRESS POLICY

- Students must dress daily in the PE dance class uniform.
 - o Dressing out for this class is not optional. The student elected to be in the class; therefore, the student agrees to dress out each class session without question.
 - o Mesa Pride physical education grey t-shirt not altered in any way; plain, light grey crew neck traditional cut t-shirt not altered in any way. Same grey color as the Mesa PE (Physical Education) shirt. Mesa physical education green shorts, black capri length or longer leggings, black sweatpants/joggers; black yoga pants; black jazz pants. Bottoms cannot be sheer, must be made for exercise not fashion.
 - o Grey V-neck T-shirts, grey low-cut scoop neck shirts, long sleeve shirts of any type will not be allowed.
 - o Dancers will be required to have their name written on the front of a grey dance class T-shirt.
- Athletic shoes are considered part of the dance uniform. Inappropriate or no shoes will be considered a non-suit.
 - o Jazz shoes, foot undeez, or turning shoes are recommended but not required.
 - o Socks worn alone will not be allowed as dance footwear in the Mesa dance room.
- Loaner clothes are available 3 times per semester. Point deduction.
- Students may wear green, white, grey, or black sweatshirts (Mesa colors) over grey t-shirt when dancers are waiting outside if the weather is chilly. Sweatshirts will be removed once a student enters the dance room for class. A sweatshirt is not a t-shirt and will be considered a non-suit.

- Hats of any kind, street clothes, clothes worn to school, turtleneck shirts, long sleeve shirts, dress/leather jackets, pajamas, flannels are not allowed over or under dance clothes and will be considered a non-suit.
- Questions about whether a piece of clothing is “OK to wear in dance class” should not be asked. Dress policy is outlined in detail above.

EXPECTATIONS

- Come to all classes. Dress out in dance class uniform. Make up absences when not in class.
- There is no gum chewing in the dance room or during dance class.
- Use the bathroom before dance class. You will not be excused to use the restroom during class time unless you have an IEP or 504 plan which specifically states students are allowed to use the bathroom as needed.
- Be prepared and ready to dance. Questions about “what are we doing today” are not to be asked.
- Demonstrate dance class etiquette. Taught and modeled during class.
- Leave cell phones, smart watch devices, air pods and ear buds locked in locker in locker-room.
- Bring water to class. Fill a water bottle before class begins.
- Listen to and follow the teacher's directions. Show respect to others and their property. Always treat others as you would like to be treated.
- Have fun!

PARTICIPATION

- All students are expected to participate to the best of their ability during every class session.
 - The student will be expected to know how to modify activity when on menstrual cycle. Participation is still expected.
 - Per district policy, a student may be excused from participation for one to three class sessions with a note of explanation from home.
 - Students must submit parent/guardian notes to Mrs. Bancroft for a 1-3 class session non-participation.
 - Participation points will not be earned when a student does not participate in class when a doctor note or parent is presented for partial or full non-participation. To earn points back, students will need to complete available make-up work.
 - Students still dress out.
 - Per district policy, students must submit a signed doctor’s note to Mrs. Bancroft for non-participation in class of more than 3 class sessions.
 - Participation points will not be earned when a student does not participate in class when a doctor note or parent is presented for partial or full non-participation. To earn points back, make up work and due date will be determined by Mrs. Bancroft.
 - In class alternative assignments may be provided at the teacher’s discretion when a doctor’s note is presented. ◦
- Students still dress out unless permission is given to the student due to the nature of injury to not dress out.
- Points deducted for undesirable behavior and/or attitude, unsatisfactory participation, non-suits, tardy to class, gum chewing, phone, loaner clothes cannot be made up.

GRADE

Students earn their grade. Each class period is worth 30 points. Daily points will be determined by the following:

- Absence = minus 30 Make up work is on class Canvas page.
- Non-suit = minus 15
- Tardy = minus 5 – see below:
 - Students must be in their roll call spot when attendance is taken, or they will be considered tardy to class. Being tardy will also lead to a deduction of participation points as students are missing class activities. Students who are late and arrive after the class has been brought into the dance room and doors have been closed will be marked tardy in AERIES. Once a student is dressed out for class, they can knock on the outside dance room door and wait to be let in the dance room. If the locker room is locked, the student will need to find campus security to unlock the locker room. Mrs. Bancroft will not leave the dance room to unlock the locker room for late students. If a student does not have dance clothes in their locker and is going to borrow loaner clothes there is the possibility, they will not be able to do so as locker room attendants have other duties outside of the locker room. Therefore, the student may lose all dressing out points as well as a portion of the participation points for missing part of the class TBD by Mrs. Bancroft. Leaving class early = point deduction TBD depending on how much of the class student is missing.
- Excessive or large jewelry/loaner uniform = minus 5 (3 per grading period)
- Chewing gum = minus 15 points

- Leaving class to use the restroom = loss of points (teacher discretion). Use the restroom before class unless student has IEP specifically stating bathroom use is allowed during class.
- Undesirable behavior/ attitude ~ Unsatisfactory participation = loss of points (teacher discretion)
- Grades will be in AERIES. Updated approximately every 2 weeks.
- Extra credit is not available. Students need to earn regular credit by following the class curriculum for their grade.
- Daily points begin on the first day of dressing out through the day of the semester final which is counted toward grade.
- **30 total points = 15 participation points + 15 dance class uniform points**

LOCKERS, LOCKS, LOCKERROOM, & DANCE ROOM FACILITY

- All students will be issued a small locker and a MMHS lock to use for the school year.
 - Personal locks are not allowed and will be removed.
 - PE Lockers are for PE class use only. Students who are in athletics or an athletic PE class will have a locker in the team room during their athletic season and locker availability.
 - Tall PE lockers are to be used during the PE period only. Items left in tall lockers and/or unsecured items will be removed and placed in the PE office. If habitual, 5 Star disciplinary action will be taken. (assigned detention and/or Saturday school)
 - Small, assigned lockers are for the storage of PE clothes, shoes, personal belongings, etc., when a student is not in PE class.
 - There is **NO** sharing lockers with other students. You must use your assigned locker.
 - Horseplay and inappropriate behavior will **NOT** be tolerated.
 - **NO** electronics or phones (headphones/ear buds) are to be used during PE, unless directed by individual teachers.
 - Phones and listening devices must be put away before entering the locker room.
 - **NO** pictures or videos are to be taken while in the locker room.
 - Students will be held accountable for any theft, loss, or damage to school equipment or facilities.
 - Students will be required to return the lock assigned to them at the beginning of the year or pay a replacement fee of \$7.00.
 - PE students are **NOT** allowed in the athletic training room at any time.
 - PE students must enter and exit the designated doors or hallway in the locker room and PE area.
 - Food and glass are prohibited in the locker room facility.
 - Do **NOT** enter the coach's office unless given permission from PE department staff.
 - Large or oversized bags/items may be accommodated. See locker room attendant.
- All locker room procedures and expectations are posted throughout the locker rooms

MAKE UP WORK: Information about make-up work for absences is available on Canvas. Please refer to Canvas for instructions on how to complete and submit make-up work for absences. Unexpected long-term absences will be handled on an individual basis. Vacations are not considered unexpected long-term absences. Make-up work cannot be made up from previous grading periods.

Excused absences through attendance does not excuse the missed work in dance class. Students wishing to make up points for absences will need to complete the available make-up work.

OTHER

- Grades will be kept in AERIES and will be updated approximately every 2 weeks.
- Dressing out for class following the dance class dress code in the syllabus will be enforced daily.
- Students who do not participate in all dancing active instructional minutes will receive participation point deductions.
- Food, drinks, and glass bottles are prohibited in the dance room. Water in water bottles is allowed.
- Dancers will not touch mirrors or sound system in dance room.
- Dancers will not sit down during instructional class time unless all students have been given instructions to sit down.
- Students will stop dancing only when I conclude class and indicate instructional minutes are over for the day.
- Students are not allowed to join other PE classes during dance class time unless instructed to do so.
- Cell phones will be used occasionally as a support for instructional minutes when instructed by the teacher. Please refer to Ram Tracks for school cell phone policy.
- Communication will be via district email. cbancroft@murrieta.k12.us I do not use Canvas email. Email is not read before school. I am busy preparing for the day. Email is read at the end of the day. Voicemail will take

longer to receive a reply. For a faster response use the email address above.

- Email will be replied to in the order received M – F. Please allow up to 48 hours for reply.
- Please send a note to class with the student when partial or full nonparticipation is necessary.
- Students who do not participate for any reason will not earn participation points for the day, even those students who go to the nurse and are not in class but are in school.
- The Dance I course syllabus is a living document. Policies can change due to the learning environment.
- All decisions are made at the discretion of Mrs. Bancroft and are final.

Dance I Class Agreement

Turn in the full sheet – worth 30 points (14%) if turned in within 1 week of receiving syllabus.

5 point deduction each class session not submitted. Not less than D.

STUDENTS WILL:

• LEAVE PROBLEMS AT THE DOOR

- Completely change out of school clothes and put on the clothes worn specifically for dance class. All clothing worn by students in dance class must follow the dance class dress code in the syllabus. Students will be able to check out loaner clothes three times each 6-week grading period by presenting their student ID card or cell phone as collateral for returning the loaner clothes. Checking out loaner clothes will take place within the first 10 minutes the student is in the locker room at the beginning of the period. Points will always be deducted for not following the dance class dress code standard. If a student does not have a cell phone or ID card to check out loaner clothes, students will participate in dance class wearing what is worn to school. Dressing out points will not be earned.
- Leave cell phones, smart watches, air pods, earbuds locked up in locker in the locker room. That is why you have a locker. If a cell phone is brought to the dance room, items will be collected and sent to the office. Students will need to claim from student services.
- Go to the bathroom before class.
- Remove gum from mouth prior to entering the dance room.
- Remove excessive or large jewelry.
- Bring water to class.
- Wear athletic shoes for class every day – keep in PE locker.
- Be a positive force to all your classmates and the teacher.
- Follow dance class instructions.

STUDENTS WILL NOT:

- Wear messaging devices on the wrist, bring a cell phone to class, or have earbuds or air pods in ears. • Check out loaner clothes for other students.
- Be disruptive or distracting in class and will not talk when instruction is being given.
- Interfere with the learning process of other students in the class.
- Sit on anyone's lap during class, hold hands during class, wrap arms around another person in any way during class. Kiss, hug, or participate in any other displays of affection during class.
- Demonstrate and/or participate in any other behavior(s) deemed as inappropriate by the teacher at any time during the class.

GRADE BREAKDOWN BY PERCENTAGE

- 50% Attendance, participation, tardies, classroom behavior, effort, dressing for dance class in dance class uniform.
 - 25% Assessments/Assignments
 - 25% Semester Final Projects
- 100-90=A 2. 89-80=B 3. 79-70=C 4. 69-60=D 5. 59-0=F

First semester performance opportunities:

Pink Out football game half time field show – October 24th Mandatory after school practice, Thursday October 23rd, 3:45 – 5:00pm.

Second semester performance opportunities:

Spring Dance Production shows – May 15, 2026 7:00 Rehearsals May 11, 12, 13, 14 @ 4:00 until finished.

If a student is active on the class roster in AERIES, he/she will be held accountable for all information in the syllabus.

I have read and understood the Dance I course syllabus.

Student's Name (Printed) _____ Period _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

**If the student cannot agree to follow the dance class rules and guidelines, the student should find a different class to fill this requirement.*