

Welcome to dance class!

DESCRIPTION

This course meets UC/CSU (F) and MVUSD requirements for the second year of Physical Education or Visual & Performing Arts. This course is designed to provide students with opportunities to explore Dance as both art and physical exercise with opportunities for student performances of acquired skills with emphasis on exploring dance forms including intermediate jazz, lyrical, modern, character, ballet, dance fitness and conditioning. The components covered in dance include aesthetic perception, creative expression, choreography concepts, and aesthetics valuing.

LEARNING OBJECTIVES

- Compare and contrast various dance 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 correct performance of dance combinations learned in class.
- Explain technical dance terms to include but not limited to pli  , relev  , cha  n  , pirouette, battement, chass  , jazz walks, layouts, percussive movements, jazz hands, and jazz splits.
- Explain and perform movements/techniques specific to ballet, jazz, lyrical/contemporary, & modern dance.
- Illustrate the aesthetic associated with each dance style introduced.
- Evaluate class performance and individual progress.
- Demonstrate proficient use of musicality and phrasing.
- Prepare and perform a dance combination from class and/or choreographed by 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. As a student in Dance II it is expected you work hard to become a better dancer.

DRESS POLICY

- Students must dress daily in the dance class uniform.
 - o Mesa Pride physical education grey t shirt not altered in any way; plain, light grey crew neck traditional cut tee shirt not altered in any way. Same grey color as the Mesa PE (Physical Education) shirt. The student's name must be on the dance class t-shirt. Mesa physical education green shorts, black capri length or longer leggings, black sweatpants/joggers; black yoga style pants; black jazz pants, – bottoms cannot be sheer, must be made for exercise not fashion. V neck T-shirts are not acceptable for dance class uniforms.
- Athletic shoes are considered part of the dance uniform. Inappropriate 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 only 3 times per semester.
- 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.
- Street clothes, dress/leather jackets, flannels, etc.... are NOT allowed over or under dance clothes.

PARTICIPATION

- All students are expected to participate to the best of their ability during every class session.
- Per district policy, a student may be excused from participation for one to three class sessions with a note of explanation from home.
 - o Students must submit parent notes for a 1-3 class session non-participation.
 - o Participation points will not be earned when a student does not participate in class. To earn points back, make up work and due date will be determined by Mrs. Bancroft.
 - o Students should 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.
 - o In class alternative assignments will be provided to students at the teacher's discretion. o Students should still dress out.
- Points deducted for undesirable behavior, unsatisfactory participation, non-suits, tardy, gum, phone, loaner clothes, and/or non-excused absences will not be allowed to be made up.

EXPECTATIONS

- Come to class prepared and ready to dance. Questions about "what are we doing today" are not necessary.
- 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.
- No gum chewing during dance class.
- Use the bathroom before dance class.
- 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!

GRADE Students' grades are earned, not given. Each class period is worth 30 points. Daily grades will be determined by the following:

- Absence = minus 30 Make up work instructions found on class Canvas page.
- Non-suit = minus 15
- Gum = minus 15
- Tardy = minus 5
 - o 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 a student is missing class activities. Students who are late and arrive after the class has been brought into the dance room and doors have been locked will need to return to the attendance secretary and get a pass to enter the dance room. If the locker room is locked, the student will need to find campus security to unlock the locker room and wait for the student to get dressed. 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. Knock on the dance room door only when a student has a pass from attendance in hand and is dressed out for class. Leaving class early = point deduction TBD depending on how much of the class student is missing.
- Loaner uniform = minus 5 (only 3 per grading period)
 - o 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.
- Undesirable behavior = loss of points (teacher discretion)
- Unsatisfactory participation = loss of points (teacher discretion)

- Grades will be in AERIES. Updated approximately every 2 weeks.

30 total points = 15 participation points + 15 appropriate dance 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 assignments for absences is available on Canvas. Please refer to Canvas for make up options and instructions to complete and submit make-up work. Excused absences through attendance does not excuse the missed work in dance class. Students wishing to make up points for any absence will need to complete work from the available make-up work options. Extra credit is not available. Students need to earn regular credit by following the class curriculum outlined in the syllabus for their grade. 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.

OTHER

- Dressing out for class following the dance class dress code in the syllabus is not optional and will be enforced daily.
- Students who do not participate in the full dancing active instructional minutes will receive participation point deductions.
- Students will stop dancing when I dismiss class to indicate instructional minutes are over for the day.
- Students are not allowed to join other PE classes during dance class time.
- 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 through 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 returned Monday – Friday during school hours during my prep period. Please allow 48 hours for a reply.
- Please send a note 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. This includes going to the nurse. Students will need to log onto the course Canvas page for information about how to make up absences and submit the work for credit.
- All decisions made are at the discretion of Mrs. Bancroft and are final.

Dance II 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.
- 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.
- Bring dance shoes to class every day.
- 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 and/or performances.
- 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

1st Semester

65% Attendance, participation, tardies, classroom behavior, effort, correctly dressing for dance class.

10% 1st semester performances:

o Pink Out football game half time field show – October 24th. Afterschool practice, Thursday October 23rd

o Winter Dance Showcase performance required - December 5th. Dress rehearsal required 12/4 4-7pm

25% Semester Final

2nd Semester

65% Attendance, participation, tardies, classroom behavior, effort, correctly dressing for dance class.

35% Semester Final – Performance related - Student attends all rehearsals and performs in all shows at the

Spring Dance Production. Spring Dance Production May 15th. Dress/technical rehearsals 5/11, 5/12, 5/13, 5/14.

100-90=A 2. 89-80=B 3. 79-70=C 4. 69-60=D 5. 59-0=F

First Semester Final – Choreograph and present performance piece on the stage in GPAC on the day of the first period final for consideration to be in the Spring Dance Production. Details provided in class.

Second Semester Final – Attend all technical and dress rehearsals and perform in all shows for the Spring Dance Production May 11, 12, 13, 14, 15, 2026. Details provided in class.

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

*Please see back to sign

I have read and understood the Dance II course syllabus.

Student Name (Printed) _____ Date _____

Student's Signature _____ Date _____

Parent's Signature _____ Date _____

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