Teacher: Ms. Proctor-Nystrom

Phone: 562-3600 ext. 1502

Email: [sproctor@wcpss.net](mailto:sproctor@wcpss.net)

**Website: www.wakefieldhsdance.weebly.com**

Office Hours: SMART lunch, Wednesday part B & Friday part A

# “To dance is to be out of yourself. Larger, more beautiful, more powerful.. This is power, it is glory on earth and it is yours for the taking.”

# REMIND 101 1) Enter this # 81010

# *To receive messages/info @ class/performances* 2) Text with message @wakec16

# Course Objectives

1. To introduce beginner/intermediate movement through the elements of ballet, jazz, and modern dance while focusing on proper alignment and basic knowledge of the body’s muscles and their movement capabilities.
2. To learn of the history of dance regarding choreographer’s different styles and modes of creation.
3. To further develop understanding of the art form through viewing, critiquing, and performing dances.
4. To gain knowledge of different cultures and customs in regards to dance.
5. To provide an opportunity to develop critical thinking skills through journal writings, notebook assignments, and choreography projects.
6. To gain confidence and insight into one’s own identity as a dancer.

# Requirements

1. Proper attire: Dancers must wear clothes that are easy to move in and adhere to the Wakefield HS Dress Code. Dancers must be wearing dance shoes or bare feet, NO street shoes are allowed on studio floor. **Students are required to dress out everyday,** **unless a note from Doctor stating illness.**
2. Tardiness is not permitted, as you will arrive to class on time! You must be through the dance room doors in order to NOT be tardy.

## WHS Tardy Policy

Tardies are now cumulative for all periods, NOT counted per period.

For exam exemptions 3 tardies = 1 absence.

#1-2 Warning

#3-5 Lunch detention

#6-9 Saturday detention

#10-12 ISS & parent meeting with administration

1. Observe proper conduct and respect etiquette in the studio and during class at all times.
   * Pay attention while exercises are being demonstrated.
   * NO TALKING when teacher is talking.
   * Give teacher and students respect while dancing.
   * No gum chewing, belts, or large jewelry.
   * No eating, drinking, or sitting down unless instructed to do so.
   * Make sure hair is up or pulled back.
2. Costume Fee: **$50**

This money will be paid online October 10-21. I will send out instructions closer to this date. If any student/parent is having financial issues, please feel free to contact me.

1. All dancers should own a pair of **black jazz shoes.** Order forms will be passed out late September for those who need them.
2. Other items needed:
   * 1 pair of black stretchy jazz pants or leggings.
   * Journal/One subject notebook

**The 7 Rehearsal/Class Philosophies**

* I will be on time and enter the classroom with a positive attitude
* I will have the proper materials daily so that I may learn and perform my best
* I will maintain focus on group goals at all times
* I will be a role model to others, leading by example
* I will respect my surroundings, leaving places better than I found them
* I will respect my classmates, my teachers and myself
* I will take pride in the work that I produce

**What I Expect from YOU**

|  |  |  |  |
| --- | --- | --- | --- |
| **Disciplined**  Understand the need for practice and work the entire class time. | **Punctual**  Always be on time for class, rehearsals and performances | **Persistent**  Understand that becoming a great dancer is a process. It takes time. | **Positive**  Attitudes are contagious. Be sure yours is worth catching. Smile and be part of the solution, not part of a problem. |
| **Honest**  Admit your limitation and mistakes. Take full responsibility for your actions and attitudes. Do not lie, cheat or steal. | **Responsible**  You are young adults. Do not wait for me to tell you the obvious. Pick up the trash, wipe your feet, and close the door. | **Well-Behaved**  Follow instructions the first time they are given. Be quiet, attentive and in control of yourself. | **Prepared**  Bring all materials to each class, rehearsal and performance. |
| **Committed**  Realize the impact that your individual attitudes, actions, and performances will have on the group. | **Polite**  Talk to one another, teachers, parents, and administrators with courtesy and respect. | **Mature**  Think before you act and take ownership for your choices. | **Proud**  Remember who you are and what you represent. Take pride in yourself, your school and your dance program. |

**What You Can Expect from ME**

|  |  |  |
| --- | --- | --- |
| **Firm** and **Consistent** in my expectations for each student and for the dance program. | **Fairness** in establishing and enforcing policies and procedures | **Committed** to helping each student grow and become his or her personal best. |
| **Worthy** of your trust. I will continually work to become a better teacher by listening to and learning from others. | **Honest** when commenting on your performance and behavior. I will never tell you something is good when it is bad and vice versa. | **Interested** in you as a person. I enjoy getting to know you and your friends and families. I like hearing about your other interests. |

**Grading Policy**

### First Quarter Second Quarter

|  |  |  |
| --- | --- | --- |
| |  |  | | --- | --- | | **Daily Skills Assessment 40%**  **Performances/Projects 30%**  **Skills Tests/Quizzes 20%**  **Homework 10%**  **----------------------------------------------------**  **Total 100%** | **Daily Skills Assessment 40%**  **Performances/Projects 30%**  **Skills Tests/Quizzes 20%**  **Critiques/Homework 10%**  **----------------------------------------------------**  **Total 100%** | |

\* The final grade will be determined by averaging the first and second quarter grades with the final exam that will be worth 20% of the students Final Overall Grade for this course.

### Daily Skills Assessment

Students are given a weekly class skills assessment grade and can receive 20 points per day to equal 100 for the entire week. This accounts for 40% of their final grade in dance class. Upon entering the studio, each dancer will be graded/assessed daily on:

* Warm-up, stretches, and any ab/floor work
* Across the floors, turn combinations, and balance work
* Choreography, group work, and projects
* Daily performances

\* All absences will earn a daily skills assessment grade of “0” for the day you missed. Make-up work can be done for full credit of 20 points on all absences as long as the WHS attendance policy guidelines are followed.

# Performances/Projects

**Each student will be graded on their performances in and out of class.** Numerous projects will be given in and out of class throughout the semester. Some will be written; some will be danced or choreographed. Students will be required to work alone or in a group as specified by each project outline.

#### **Skills test/quizzes**

Skills tests will be given upon completion of different choreographed pieces. Students will be held responsible for knowing the dance choreography and performing in front of the class.

# Written quizzes will also be given throughout the semester and students will be held responsible for all material that is covered for the quiz.

**Homework**

Outside assignments will be required on a weekly basis. Topics could be on anything related to dance discussions during class, review of choreography, dance history, etc Assignments are expected to be completed on time.

# Critiques

# Each student will be required to view ONE outside dance performances. A written critique of each performance will be due by the end of the semester, typed, and following the guidelines set of this assignment.

# Final Exam

The final exam will be given during the final exam times scheduled by the school at the end of the semester. This will account for 20% of the dancers’ final overall grade in this course.

# Attendance /Make-up work policy

1. Students will be held responsible for making up the work on their own time. For 1-3 absences, students have 1 day per absence to make up work. For absences exceeding 3 days, students will have 2 days for each absence to make up work.
2. Students will be held accountable for turning in work that was due the day they were absent, upon their first day back to school, including tests that were prescheduled before the absence.
3. Students will not be able to receive any grade higher than 70% for work that is not turned in on time (please see bullet #1)
4. Any project or exam work will be due on the deadline date, NO EXCEPTIONS, this includes any/all written work for the dance final exam. NO LATE GRADE will be given for these assignments, period.
5. **All students participating must be present for the ENTIRE DAY in order to participate in activities, performances, or practices, except where specifically exempted by a physician**.

**Performances**

**Viewing a Dance Performance-**You must **view 1 dance performance** throughout the semester. It can be from another school, dance studio, or professional company. I will need a copy of the program and a **two page typed** review of the concert. Outlines for this paper can be found on the dance website under Studio C class. I will post any/all concerts online that I know for you to attend. You can turn the paper in any time during the semester, but must be done by **Friday, January 13.**

**Concert Attendance:** The Winter Dance Concert Date is set for **Tuesday, January 10th**, with one after school rehearsal on Monday, January 9th from 2:30-5:00pm. **You must attend the dress rehearsal in order to PERFORM in the dance concert**. Dress rehearsal and concert is **REQUIRED** by all dancers who must stay for the entire length of concert and rehearsal.

**WHS Honor Code:**

**The students of Wakefield High School are committed to being honest and responsible in the completion of academic materials and interactions with the school administration and community. Cheating, stealing, plagiarism (passing off another's work, words, or ideas as one's own), and lying (including willful distortion or misrepresentation) are considered violations of the Honor Code.  Through a joint fulfillment of this code, students and faculty will achieve their fullest potential in academic excellence and character.**

I am excited to be working with each and every student this year! Please feel free to contact me at any time during the semester with questions or concerns.

Ms. Shannon Proctor-Nystrom

Director of Wakefield HS Dance

##### 2016-2017 Dancer Contact Sheet

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dance Class:\_\_\_\_\_\_(Period)

**Parent Information**

**Father’s Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mother’s Name**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have read the course syllabus and understand the rules, policies, course requirements, and outside performance commitments for my participation in the WHS Dance program.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature Date**

**I have read the course syllabus for dance including the rules, regulations, detention policy, outside performance commitments, costume fee, and course requirements for the WHS Dance Program. I have discussed these policies with my child and fully understand the grading policy and consequences if my child does not abide by the class rules and assignments.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent or Guardian Signature Date**

**\*Please have these signed and turned in by Friday, September 2.**