Teacher: Ms. Proctor-Nystrom

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

Office Hours: SMART lunch Wednesdays, PRIDE time

# “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 @17whsguard

#

# Course Objectives

1. To introduce 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 work on basic, intermediate, and advanced equipment skills using flags, rifles, and sabers.
3. To learn how to balance movement, equipment , and formations to work together for competition choreography.
4. To increase performance and equipment skills at games and contests.
5. To gain confidence and insight into one’s own identity as a dance/color guard performer.

# 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. **Games/Contest**: The guard has been given the entire competition and game schedule before auditioning and signing the marching band contract. Students were aware of each and every performance commitment and will be **REQUIRED** **to be at all performances.**
3. **Rehearsals**: The guard will also be responsible to attend all after school and weekend rehearsals on the marching band schedule. Failure to do so will affect your grade and your performance spot with the guard and marching band. **If too many rehearsals are missed, you may be REMOVED from sections if not all of the 2017 show. This includes receiving ISS/ALC, which has you miss Colorguard class and after school rehearsals.**

**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**

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| --- | --- | --- | --- |
| **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**

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| **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

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| **Daily Skills Assessment 40%** **Performances/Rehearsals 30%** **Skills Tests(pass offs) 20%**  **Homework 10%****----------------------------------------------------** **Total 100%** | **Daily Skills Assessment 40%** **Performances/Projects 30%** **Skills Tests 20%**  **Homework 10%****----------------------------------------------------** **Total 100%** |

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\* **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/guard 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
* Equipment basics and technique exercises
* 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 attendance policy guidelines are followed.**

# Performances/Rehearsals

Students will be expected to attend every after school performance and rehearsal. They will be graded on their work and skill levels at these events. If a student is to miss a rehearsal, make-up work and practice logs will be assigned and is the students’ responsibility to get this work. All students must adhere to the WHS Band attendance policy in order for missed rehearsal to be excused. Unexcused missed rehearsals will be graded the same as the WHS attendance policy listed below **If too many rehearsals are missed, you may be REMOVED from sections if not all of the 2017 show. This includes receiving ISS/ALC, which has you miss Colorguard class rehearsals.**

# Skills Test

These will be given once a week to assess the students understanding of the written choreography for the marching band show. These will be used as pass-offs, students **MUST PASS** these skills tests in order to be in the performances following the skills tests.

**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.

# Projects/Portfolio

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.

# Final Exam

 The final exam will be given during the final exam times scheduled by the school at the end of the semester. Anyone can be exempt from the written portion of the final according to the absence/exemption policy, but NOT the project. The project will be aligned with standards taught all semester and 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**.

**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