

# North Shore Senior High Dance Department

**Course Title:** Dance I – IV

**Instructor:** Ms. Angela Upshaw

**Room:** 238

**Phone:** (832) 386 – 4137

**Email:** aupshaw@galenaparkisd.com

**Conference:** 6<sup>th</sup> Period, B – Days

**Tutorials:** Tuesdays and Wednesdays 2:45 – 3:15pm



**Course Description:** This course is intended to provide a more in depth understanding of dance, covering many forms of dance with an emphasis on all dance styles. Time will concurrently be spent on development of kinesthetic awareness, anatomy, fitness, cultural awareness, music/art appreciation, creativity, and a variety of other skills. Students may receive Fine Arts credit from this course.

**Course Fees & Supplies:** The dance department has **a required dance class fee of \$20. The fee is due Wednesday, September 4<sup>th</sup> (A day) and Thursday, September 5<sup>th</sup> (B day).**

What does the fee pay for?

- **Dance Class Shirt** – required to be worn on performance days and in class during the school year.
- **Dance Paws** – used for daily technique classes and performances.

**Course Outline:**

|           |                         |                             |
|-----------|-------------------------|-----------------------------|
| Anatomy   | Stretching/Conditioning | Drill Team Preparation      |
| Nutrition | Jazz                    | Lyrical/Contemporary/Improv |
| Ballet    | Modern                  | Hip Hop/Choreography        |

**Course Calendar:** This year NSSH is on a block schedule which means we will meet as a class twice to three times a week. You will have 10 minutes to dress out at the beginning and end of each block.

**Course Expectations:** Students are expected to dress out and participate each and every time we meet as a class. If a student needs to sit out for any reason, they must bring a doctor's note and/or parent note. If a student does not have a note, he/she will be sent to the nurse or given a zero for the day. Students are also required to perform in two or three public performances this school year. The guidelines are discussed in the NSSH Dance Department Performance Guidelines.

**Remind 101:** Please join the Dance Department Remind 101! Ms. Upshaw will be sending out the latest updates and reminders for class every day!

Text 81010 with the following message or enter the code into the Remind app.

Dance 1 - @nsdance1

Dance 2 - @nsdance2

Dance 3 - @nsdance3

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## Dance Class Attire:

**Workout Attire Tops** – Red/Grey V-neck Dance Class T-Shirt, all black tops/t-shirts, no spaghetti straps, no crop tops, no mid-drift or bra straps showing.

**Workout Attire Bottoms** – All black bottoms, leggings (no – see through tights), basketball shorts, no cheer shorts, and no jeans of any kind.

**Dance Shoes** – Dance Paws are **required** to be worn in class every day. Please keep up with them as best as you can. You will use them for the Winter Showcase performance, Fall Dance Evaluations, and other performances. If you lose them, you will be asked to replace them before the performance.

**We will begin dressing out on Monday, August 26<sup>th</sup>. Please wear tennis shoes until you receive your dance paws. All black attire will be worn until you receive your dance shirt.**

## **Other expectations for the course:**

- Hair Pulled Back out of Face/Using a Hair Tie
- No Jewelry
- No Street Shoes (this includes sandals)
- No Gum
- No Phones

## Course Work:

|            |                   |                             |
|------------|-------------------|-----------------------------|
| Journals   | Written Exams     | Performance Critiques       |
| Reports    | Performance Exams | Choreography Projects       |
| Web Quests | Skills Tests      | Daily Technique Assessments |

## Course Grading/Evaluation:

1. **Daily Grades** - 50% (Dressing Out, Participation, Written Assignments, etc.) Students will be given weekly grades for dressing out and participation in class.

### **The following deductions will be taken as needed:**

- a. Chewing Gum – 5 points
  - b. Wearing Jewelry – 5 points
  - c. Hair not pulled back – 5 points
  - d. Late to Roll Call – 10 points
  - e. Not prepared for class – 10 points
  - f. Not wearing Appropriate Dance Class Shirt – 10 points
  - g. Not wearing Black Workout Bottoms – 10 points
  - h. Not Dressed Out/Participating – 20 points
2. **Major Grades** - 50% (Skills Test, Choreography, Written Exams, Performances, etc.) Each dancer's overall technique, performance, and choreography will be evaluated into their final exams for each semester. Therefore, it is imperative for every dancer to dress out, participate, and perform successfully in order to earn their credit for the course.