

Artistry In Motion Syllabus

Course: Dance Ensemble I - IV

Instructor: Ms. Upshaw

Contact Information: 6th Period Conference
832 – 386 – 4137 Office
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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 or Elective credit from this course, dependent on their needs.

Course Supplies: Students will have previously purchased their supplies for this course. Below are the items needed for this course.

- ✚ Three Practice Tanks
- ✚ Black Leggings and Capris
- ✚ Black Sports Bra
- ✚ Twyla Dance Shoes
- ✚ Tennis Shoes
- ✚ Company Binder

Course Outline:

Proper Stretching /Conditioning	Hip Hop	Choreography
Ballet	Contemporary	Modern
Jazz	Lyrical	Improvisation

Course Calendar: The Company will meet every Monday and Wednesday for class. The class will serve as most of our practice and technique time. However, we may also meet and dress out on certain Fridays each week. The company will have 10 minutes to dress out at the beginning and end of each block.

Course Expectations: Students are expected to follow their dress calendar and dress out 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 their participation grade for the day.

The locker room is closed to all company members after 7:05am. You must carry your bag for the remainder of the day until class if you are not here by 7:05am. I will not open the locker room for you during the school day.

Handbook Reminders:

- ✚ Be in the locker room when the bell rings
- ✚ Dress Out and Avoid Receiving Cals/Demerits/Strikes
- ✚ Bring your Binder Everyday
- ✚ Bring your tennis shoes to class on Fridays.

Course Performances: The Company may perform at the following events for the upcoming school year.

- ✚ NSSH Dance Department Winter Show
- ✚ Talent Show
- ✚ Dance Competitions
- ✚ Scarlet Spring Show

Course Work:

Journals	Skills Tests	Choreography Projects
Written Exams	Performance Critiques	Reports
Performance Exams	Daily Technique Assessments	

Course Grading:

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

The following deductions and calisthenics will be assigned and/or taken as needed:

- Wrong Dance Top
- Wrong Dance Bottoms
- No Dance Shoes
- Late to Roll Call
- Not Prepared for Class
- No Binder
- Not Dressed Out/Participating
- Chewing Gum
- Wearing Jewelry

Major Grades – 50% (Performances, Skills Tests, Written Assignments, etc.)
Students will be assessed at least 3-4 times grading period. Assessments could be written, all public performances, and skills test on technique.

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

Text 81010 with the message @nsaimdance or enter the code @nsaimdance into the Remind App!



#AIMHIGH

INTEGRITY IS
choosing
COURAGE OVER COMFORT;
CHOOSING WHAT IS RIGHT
over what is
FUN, FAST, OR EASY;
AND CHOOSING TO
PRACTICE OUR VALUES
rather than simply
PROFESSING THEM.