Dance for Athletes



Ms. Alastanos, Ms. Kerr

Contact Us



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240-740-5830

We will always do our best to answer email and phone messages within 24 hours except on weekends and holidays.

Dance Program Goals

- The ability to perceive, perform, and respond to dance
- An understanding of dance as an essential aspect of history and human experience
- The ability to create and perform dance
- The ability to make aesthetic judgments in dance

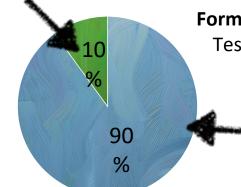
O Technology Policy

- O Students will use chrome books in class.
- O Phones should be kept locked in Dance locker during class unless otherwise specified by the teacher.

Grading Policy

Homework:

Surveys, reflections, journals, vocabulary review



Formative/Summative:

Tests, quizzes, weekly grades, critiques projects, performances

Dance styles

We will study

- Anatomy- Bones & Muscles
- Fitness & Dance
- o Jazz Dance
- Dances of the Decades

Expectations

Respect your Come to class classmates & on time with your school your materials

Always dressed, always dancing.

Complete work on time, and take ownership.



Class materials

Chromebook

Water Bottle

Face Mask







Dance Uniform: t-shirt and leggings or knee length sport shorts (black preferred)

Footwear: Students will dance barefoot or in dance shoes. All shoe purchases are optional.

Jazz Shoes (black)

LMS recommended shoes can be found at

Discount Dance Supply: www.discountdance.com

Click on Teachers Tab at the top, then click Find Your Teacher

Use Teacher ID Code: 112871

Dance shoes also available at:

Footlights

938 Wayne Ave.

301-326-4351

*If you need financial assistance purchasing materials, please contact Ms. Natasha Alston at 240-740-5830.

Students will be assigned a dance for use during dance class. Students are encouraged to come to school dressed for movement on days they have dance, but will have the opportunity to change in the dressing room before class if necessary.

Dance Concerts

Students in dance will perform in our **Spring Dance Concert**. Please add these dates to your calendar now to avoid conflicts. Participation in the dance concert **is a required part of the class**. More information on the concerts will be available closer to the date.

Spring Dance Concert: April 5,6,7 2022 Students report: 6:30pm, Show starts 7pm







Absent?



1. Email the teacher



2. Complete any assignments in Canvas or otherwise

Injured or sick?

Please provide a doctor's note for illness or injury lasting more than 2 class periods. Alternate assignments will be provided as necessary.

Sign the Syllabus!

Parents or guardians, please fill out the google form to acknowledge that you have reviewed the syllabus and understand dance department policies.

https://bit.ly/3zjCa7W

*All policies in this syllabus are subject to change pending MCPS and LMS policies.