



**JOHN F. KENNEDY HIGH SCHOOL  
COURSE SYLLABUS  
DEPARTMENT OF PHYSICAL EDUCATION:  
*Dance 1-2***

**1. PHYSICAL EDUCATION: DANCE 1 - 2**

Designed for the non-dancer as an introduction to the elements and principles of dance. Students will learn proper body alignment and stretching techniques to increase strength and flexibility. Students will explore moving freely without inhibition while incorporating the elements and qualities of dance movement. Individual skill building and personal body awareness will be expanded through acquiring basic movement skills. Each student will participate in constructing and performing basic creative choreography in cooperative learning groups and direct instruction. Students will define and use dance terminology to communicate ideas and analyze observed performances. Students will explore the cultural heritage, historical importance, and modern day application of dance in our society while increasing personal health and endurance.

**2. GENERAL INFORMATION**

Term and year: Two semester course

Name of instructor: Marianne Stinson

Office number: Locker Room Office

Telephone number: (916) 395-5090 ext.506087

E-mail address: [Marianne-stinson@scusd.edu](mailto:Marianne-stinson@scusd.edu)

**3. TEXTBOOKS AND/OR RECOMMENDED OR REQUIRED READINGS**

No text materials or readings are required though there will be many customized handouts distributed to students.

**4. GENERAL OVERVIEW**

Students will engage in a variety activities that incorporate formal dance movements and routines representing multiple styles as well as personalized writing projects. Mastery of the course learning objectives will require extensive observation and critiquing of movement on the part of the students, successful group collaboration, and personal reflective journal-writing and demonstration.

## 5. COURSE OBJECTIVES

Student performance objectives are organized by units. The unit themes include:

- Introduction to Dance
- Defining and Recognizing the Elements
- Exploring the Qualities of Dance
- Visual and Written Critiquing of Movement
- Creating Choreography
- Performance and Assessment
- Modern Dance Masters
- Poetic Dance Construction
- Emotional Energy in Dance
- Contemporary Styles
- Reflecting on Society and Dance
- Ballroom Dance

## 6. COURSE REQUIREMENTS, ATTENDANCE AND SPECIFIC GRADING POLICY

Students will participate in a variety of movement activities as well as build a foundation of knowledge for life-long health. Emphasis will be given to improve physical fitness, be a respectful person and develop skill in physical activities.

The **key to success** is to **dress and participate daily** with a **respectful attitude and good behavior**. Students must be **on time** wearing the **Kennedy PE shirt and shorts** with **athletic tennis shoes**. Students must be seated in their assigned roll call spot with their name visible on their shirt when I start roll call. **Active participation** is required to achieve fitness goals and see an overall improvement in health and fitness. Personal **social development** includes listening, following directions, and working well with others. Work ethic is not graded on a daily basis but the amount of effort given to activities and the ability to stay on task will show in the students' fitness and skill tests throughout the year.

Knowledge and skill testing will be done with all units and will be assessed orally, physically, and or written. Tests will generally be 50-100 points each.

For additional information about my classes, you may also contact me anytime by phone 916-395-5090 x 506087 or by email: [marianne-stinson@scusd.edu](mailto:marianne-stinson@scusd.edu)

**Locker & Locker room rules:**

Students may use locker in the locker room AT THEIR OWN RISK, during their PE period ONLY. They are not to share their locker combination with anyone else and should check their locks before leaving the locker room. All students' possessions should be locked in a locker or taken to class. VALUABLES SHOULD NOT BE BROUGHT TO SCHOOL. Students inside the locker room, other than during their PE class, will receive a referral for further disciplinary action.

**Cell phones & Electronic Devices:**

When students enter the locker room, all cell phones and electronic devices should remain in a backpack or locker until the end of the period. Cell phones and electronic devices are not allowed during class. Please review the school's cell phone policy for more information.

**Uniform:**

Students must wear the required uniform consisting of the JFK PE t-shirt and shorts or a plain grey t-shirt and plain green shorts with their LAST NAME AND FIRST INITIAL PRINTED IN THE APPROPRIATE BOX. All students must wear appropriate ATHLETIC SHOES WITH LACES OR VELCRO CLOSURES. STUDENTS WITHOUT PROPER FOOTWEAR ARE NOT ALLOWED TO PARTICIPATE. Sweatshirts and/or sweatpants are OPTIONAL. Plain grey, black, or green sweats may be worn UNDERNEATH the required shirt and shorts. Shorts and sweatpants must be worn at the waist. All PE clothing with other writing on them is not allowed and must be replaced at the student's expense. PE clothing may be purchased through the PE Dept. with cash only. Lost or stolen clothes must be replaced by the student within two days.

**Standard Grading:**

Each student is expected to login to their Infinite Campus using their username ([firstname-lastname@student.scusd.edu](mailto:firstname-lastname@student.scusd.edu)) and password (Date of birth in the mm/dd/yyyy format (including slashes)). Here they can get their grade, class information and online assignments. Some assignments can be directly submitted through Infinite Campus. If the student does not have access to their account, they need to inform their teacher immediately.

**Assessment (Assignments, Quizzes and Tests):**

In class and online assignments will be posted on Infinite Campus to check for student understanding and/or develop further understanding of weight training and fitness concepts. To ensure accountability for student learning, assessments on safety, form, improvement, and basic anatomy will take place throughout the semester.

To learn how to access assignments on Infinite Campus use the following link:

<https://content.infinitecampus.com/sis/1725/documentation/assignments-portal/>

**Participation:**

Students are expected to come prepared with the required uniform and participate in all activities on a regular basis. Students will receive 10 points per day. Standing or sitting around and not doing what is assigned are off task behaviors that will result in a loss of points. Students who are not dressed will lose all points for the day unless they have appropriate footwear and fully participate. Any off task behavior by a non-dressed student will result in a zero for the day.

Points may be deducted for the following reasons:

Tardy	-2
Off task behavior (each occurrence)	-2
Partial dress (incorrect shirt or shorts)	-2
Non-dress (with full participation) "All or nothing"	-4
Non-dress (with any off task behavior) "All or nothing"	-10
Absent (See Make-up Work section below)	-10
Non-participation (dressed or not dressed)	-10
Cell phone or electronic device in class	-10

**Grading Scale:**

A	B	C	D	F
89.5 – 100%	79.5 – 89.4%	69.5 – 79.4%	59.5 – 69.4%	below 59.5%

**Athletes:**

All athletes are required to dress and participate in PE class on game days. Athletes will not be dismissed until the posted dismissal time and not be allowed in locker rooms until after dismissal time.

**Medical Excuses:**

A parent or guardian may excuse a student from participation in PE for 1-3 days. Write a note to the teacher explaining the reason for the excuse, the number of days to be excused and a time/number to call for verification. **EXCUSES LONGER THAN 3 DAYS REQUIRE A DOCTOR'S NOTE. PARENTS MAY NOT EXCUSE STUDENTS FROM DRESSING FOR PE.**

Make up work will be done by the student for missing participation.

**Make-up Work:**

One make-up assignment is required for each excused absence or each excused non-participation day. Make-up work is due within FIVE (5) days of a return from absence or end of excuse. Students may make-up no more than TEN (10) days per quarter. If there is a medical situation that will require missing more than 10 days, students are advised to take P.E. another semester when they can fully participate. Click on the Make-up Work assignment for details on completing make-up work. Off campus school related activities including athletics are excused from make-up work assignments. **NON-SUITS AND UNEXCUSED ABSENCES CANNOT BE MADE UP**

### **Transfers:**

Students who transfer into PE more than 20 days after the beginning of a semester will not receive a passing grade unless they arrive with a transfer grade from their previous teacher/school, or they make arrangements with their teacher to do make-up assignments.

•

**Please indicate on the Syllabus Test whether you wish to be contacted via phone or by email and state your phone number or email address.**

## **7. DESCRIPTION OF MAJOR ACTIVITIES/EXERCISES/PROJECTS**

- Personal Reflective Journal
- Daily Participation
- Unit Assessments
- Group Demonstration and Critiques
- Other elements to be determined

## **8. OUTLINE OF CLASS SESSIONS**

Sessions generally proceed as follows:

- Stretching and Warm-up
- Main Lesson (Demonstration, Lecture Combination)
- Closure/Wrap-up

## **9. GENERAL STATEMENTS**

The instructor will adhere to all School and District policies pertaining to attendance, make-up tests, cheating/plagiarism, as well as withdrawal, incomplete, and final examinations. Students are expected to be familiar with and adhere to these policies. *All material submitted will be retained by the instructor. Should you desire copies of submitted materials, duplicate copies before submission. The **Principal** reserves the right to modify and/or change the course syllabus as needed during the course.*

## 10. CROSS INDEXING KEY OF COURSE OBJECTIVES TO REQUIRED STANDARDS

Strand: Artistic Perception: Processing, analyzing and responding to sensory information through the language and skills unique to the arts.

1. Students develop communication skills that include body awareness, motor efficiency and multi-sensory integration.
2. Students explore elements of dance and perform and describe dance movements using the skills and terminology of dance.

Strand: Creative Expression: Creating, performing, and participating in the arts.

1. Students use choreographic principles and processes to express perception, feelings, images, and thought.
2. Students create and communicate meaning through dance improvisation, composition, and performance.

Strand: Historical and Cultural Context: Understanding historical contributions and cultural dimensions of the arts.

1. Students acquire knowledge of and build understanding about human diversity through dance.
2. Students investigate the role of dance in historical and contemporary cultures throughout the world.

Strand: Aesthetic Valuing: Responding to, analyzing, and making judgements about works in the arts.

1. Students analyze, interpret, and derive meaning from, and critically assess works of dance and the performance of dancers based on learned aesthetic principles and cultural context.

Strand: Connections, Relations, Applications: Connecting and applying what is learned in each art form to learning in other art forms, subject areas and careers.

1. Students apply what they learn in dance to learning in other subject areas.
2. Students develop competencies in problem-solving, communication skills, working with others, and management of time and resources, all of which contribute to lifelong learning and career skills.