



## **Movement for Athletes Syllabus**

2026-2027

### **Faculty**

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Conference: 3rd & 8th

### **Course Description**

This course is for athletes who need a fine art credit and seek to deepen their physical understanding of their body and enhance their basic movement skills through dance. Athletes will experience various dance genres such as jazz, ballet, modern, as well as yoga and pilates. Participants will increase their flexibility, coordination, balance, and agility. The focus of this class is to foster and grow basic movement skills which will aid athletes of any sport.

Students must be currently enrolled in a sport at RRHS.

### **Course Goals**

- Increase kinesthetic awareness
- Reduce injuries by developing an understanding of our body as a whole, including
  - physical and mental health
  - proper conditioning/stretching
  - principles for a healthy lifestyle
- Improve coordination, agility, and flexibility.

NOTE: This class is **not** an hour long stretch class, we will be dancing and moving all year.

### **Course Requirements**

**Attire:** Students must wear an athletic top and bottom within RRISD dress code.

- Pants will sometimes be required depending on the movement.
- All Footwear: Socks or barefoot. Tennis shoes will be allowed occasionally when conducive to the movement.
- Hair must be secured away from the face.
- No dangling jewelry

If you require dress code modifications for religious/personal reasons, contact your teacher.

**Performances:** As outlined in the Texas Essential Knowledge and Skills, all dance students are required to participate in performances. Performances are considered co-curricular activities so students receive (individual) grades based on their participation. Dancers must arrange for all transportation to and from the performances and rehearsals that occur outside of school hours.

|                                                                                                                                                                                                                                                       |
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| <p><b>SPRING SHOW</b><br/>(RRHS Dragonette Production<br/>featuring the RRHS Dance Department)</p>                                                                                                                                                    |
| <p><b>Friday, April 9   7:00pm</b><br/><b>Saturday, April 10   5:00pm</b></p> <p><b>Raymond E. Hartfield PAC</b><br/><b>5800 McNeil Drive</b><br/><b>Austin, TX 78729</b></p>                                                                         |
| <p>Each class will perform 1 dance.</p> <p>Classes attend technical rehearsal after school during the week of April 5th. Exact rehearsal schedule to come.</p> <p>Ticket sales will become available approximately 2-weeks before the production.</p> |

## Course Grading & Evaluation

Students are encouraged to review their grades weekly via Home Access Center (HAC) so any missed assignments or discrepancies can be addressed immediately.

### Grading Category Overview:

| Formative - 60%<br>Personal Engagement                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Summative - 40%<br>Performance & Academic Assessment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• <b>Embody Technical Dance Skills</b> <ul style="list-style-type: none"> <li>◦ Functional alignment, balance, coordination, core support, clarity of movement, weight shifts, flexibility/range of motion</li> </ul> </li> <li>• <b>Demonstrate Leadership Qualities</b> <ul style="list-style-type: none"> <li>◦ Commitment, dependability, responsibility, cooperation</li> </ul> </li> <li>• <b>Demonstrate Performance Practices and Etiquette during Classes, Rehearsals, and Performances</b> <ul style="list-style-type: none"> <li>◦ Apply feedback, use accurate dance/production terminology</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>Perform Technique/Choreography Skill Assessments</b> <ul style="list-style-type: none"> <li>◦ Informal performances held in the dance studio and formal performances at RRHS, RRISD PAC, or other locations</li> </ul> </li> <li>• <b>Presentations, Projects, or Exams</b> <ul style="list-style-type: none"> <li>◦ Vocabulary or unit assessments, slideshow or poster presentations, creation of choreography, etc.</li> </ul> </li> <li>• <b>Written Critiques, Analyses, or Reflections</b> <ul style="list-style-type: none"> <li>◦ Explain, describe, analyze, correlate, reflect, or critique dance topics utilizing appropriate dance terminology</li> </ul> </li> </ul> |

**Personal Engagement:** A daily "personal engagement" grade is recorded every time a student attends class. Daily grades are then averaged and posted once per week in the Home Access Center (HAC).

| Dressed in Required Dance Class Attire | Active Engagement (as described in the Grade Category Overview) | Daily Grade                |
|----------------------------------------|-----------------------------------------------------------------|----------------------------|
| Yes                                    | Yes                                                             | 100                        |
| No                                     | Yes                                                             | 70                         |
| Yes                                    | No                                                              | Varies based on engagement |
| No                                     | No                                                              | 0                          |

**Illness/Injury:** If a student is unable to participate due to illness or injury, a doctor's note or parent email must be received before class (hand-written notes are not accepted). Excused students will complete an alternate assignment, which replaces their daily engagement grade. Due to the physical, performance-based nature of this course, long-term injuries that prevent ongoing participation may result in a schedule change or removal from the class.

Sitting out during class without proper and accepted documentation will result in a 0 for your daily grade

**NOTE:** Students do not get to sit out due to game days, upcoming meets, hard practices, soreness, etc.

**Noncompliance:** If a student chooses to not participate in class, the following consequences will occur:

| 1st Offence                                                                                                                  | 2nd Offence                                                                                                                                      | 3rd Offence                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Student/teacher conference and ZERO for daily grade<br><br>Coach contacted and consequence of their discretion may be levied | Student/teacher conference, Parent phone call, and ZERO for daily grade<br><br>Coach contacted and consequence of their discretion may be levied | Student/teacher conference, Parent phone call, referral to assistant principal, and ZERO for daily grade<br><br>Coach contacted and consequence of their discretion may be levied |

**Missing Work:** After an absence, it is the student's responsibility to ask about missed work.

Please contact the teacher directly to discuss extenuating circumstances, such as serious illness, family emergencies, school functions, or urgent matters.

- No redo/retake for personal engagement grades
- Redo/retakes for performance/academic assessment grades must be completed before the end of the current grading period.
- Late work: minus 10 points per school day (which equals minus 20 points per block).

The best thing you can do for your grade in this class is communicate. If you need an extension, will be absent for a long period of time and need an alternate assignment, talk to your teacher

ahead of time!

## **Course Policies & Expectations**

### **Etiquette Expectations:**

- Be on time to class
- Dress in appropriate dance attire (see Course Requirements)
- Bring a waterbottle
- Bring your district issued chromebook and charger
- Follow directions the first time given
- Be respectful and encouraging to all students
- Give your best effort and stay on task
- Ask for help when needed

### **Studio Policies:**

- No gum, food, or drinks (other than water) in the dance studio
- No electronic devices (unless otherwise stated by your teacher - chromebooks will be needed)

### **Class Rules:**

- Do not leave the room without permission and the hall pass
- No cursing or using disrespectful language
- Touch only your own belongings. You do not own:
  - Studio decorations
  - Other students' backpacks
  - Carts of supplies
- No throwing/kicking/etc. objects or rough housing

## **Classroom Procedures**

- Put backpacks and items in studio closet; Only water bottles are permitted in the studio
- You must be IN your attendance spot by the tardy bell or your attendance will be affected
- At the start of class, students have 5-10 minutes to change into their dance attire.
- Students will sit in assigned roll call spots for attendance and announcements.
- Students will participate in a warmup. Next, the class will transition into the movement lesson.
- At the end of class, students have 5-10 minutes to change into their school attire. Dance students are expected to wait in the Dance Studio after they have finished changing. No student is allowed to leave until the bell rings.
- Last 10 minutes of class are cool down time

## **Course Curriculum**

- Anatomy
- Stretching/Yoga/Pilates
- Jazz
- Hip Hop
- Ballet
- Floorwork
- Weightsharing

- Guest Masterclass Teachers
- Foam Rolling

### **Important**

- Remember dance is a physical activity with physical risks and teachers may often use physical contact for corrections. Physical contact may also take place between students.
- If you misplace something, forgot dates, miss class, you are responsible for checking Google Classroom and reaching out to your instructor for information on what you missed.
- Round Rock High School and/or RRISD is not responsible for anything that is lost or stolen. Label your dance clothes/shoes with permanent markers. Store all belongings in a closed backpack during class.
- Round Rock ISD follows a strict "bell-to-bell" personal device ban under Texas House Bill 1481, which requires cell phones, smartwatches, personal computers/tablets, bluetooth headphones, gaming devices, pagers, and two-way radios to be turned off and stored out of sight during the entire school day.
- All pictures and videos of classwork are property of RRISD and may be posted in the public domain.
- Please see your teacher or student handbook for any concerns on these items.

### **Support The Program**

**Dance Studio Wishlist:** Please help us support our students by providing them with the high-turnover essentials they use every day—including hair ties, band-aids, and tissues. Items can be shipped directly to the school or sent with your student to class.

- View Our Amazon Wishlist: <https://tinyurl.com/StudioSupplies>

**Volunteer Opportunities:** Support our students from behind the scenes. We are always looking for backstage helpers, costume seamstresses, and laundering assistance! We have a role for every schedule and skill level.

- Learn More Here: <https://tinyurl.com/RRDanceVolunteer>

### **Syllabus Contract**

Parents/Guardians must sign our syllabus contract, acknowledging that they received, read, and understand all of the information in this document.

**Parents/Guardians, please click the link below to sign our REQUIRED syllabus contract:**

**[Syllabus Contract](#)**