

# 2025-2026

## Dance Wellness Syllabus

Welcome to the Dance Department!!

### **Instructors:**

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Dance Class Website: <https://sites.google.com/leanderisd.org/rousedancedept/home>

Google Classroom Codes:

- Dance Wellness 2nd period: ayylfauk
- Dance Wellness 6th period: itzsdt4q

Welcome to the Rouse Dance Department!! We are looking forward to getting to know and working closely with each and every one of you. Because you are enrolled in dance class you are a part of the Rouse Dance Department at this school. By signing up for this class you are agreeing to be a part of the dance department events throughout the year.

### **Objective:**

Dance Wellness is intended for any 9th-12th grade student who wants to focus on enhancing and refining athletic performance through techniques and training in Dance. Dance Wellness focuses on kinesiological understanding, proper nutrition, injury prevention, ability to use imagery effectively and overall fitness. No dance experience is required.

Dance has been proven over and over again to be an excellent way to cross-train for serious athletes and dancers. In Dance Wellness , we will improve your flexibility, core control (balance), footwork, overall strength, and stability. These improvements will help you in injury prevention, stamina/endurance, mobility, and agility.

### **Dance Grading Policy:**

Grades in dance are mostly based off-of participation. There is very little written work, therefore your level of participation and amount of effort on a daily basis in class will dictate your grade.

50% Skill Based:

Daily Performance Habits  
Technical Skills Evaluations  
Critical Analysis Assignments

50% Performance Based:

Stability, Mobility, Flexibility, Balance Tests  
Projects  
Written Tests

### **Make-up Work/Late Work Policy:**

- Skills Based: There is no make up work/late work for participation. If a student chooses to not participate in class, then they will receive a zero for participation/effort that day.
- Skill Based: If student is absent for an entire week, written work will be given in place for their participation grade.
- Performance Based: There is no penalty for missing a performance grade. Student will make it up in class when they return.

### **Retake/Redo Policy:**

- Dance student may not redo a participation grade if a student chose to sit out for the day. Dance Class is based on effort and participation. We will not assign extra work for students that do not participate.
- Dance students may redo/retake a skills based assessment at least one time for full credit.
- Dance students may redo/retake a performance based assessment one time for full credit.

### **Dance Class Expectations**

1. The following items must remain in your dance locker during class:
  - a. cell phones, purses/bags, food/drink
  - b. No food or drink allowed unless approved by teacher.
2. Be on time.
  - a. You must be in the dance room by the time the tardy bell rings.
  - b. You must be in your roll call lines 10 minutes after the bell rings.
3. Be Prepared.
  - a. ALWAYS have clothes to dress out in.
4. Be Respectful.
  - a. Never lean on the ballet barres
  - b. No gum while dancing.
  - c. Keep unkind words to yourself.
5. Participate.
  - a. Have fun and always give 100% effort!

### **Beginning of Class:**

Be on time. Get Dressed. Be ready in roll call lines 10 minutes after tardy bell.

### **End of Class**

Get Dressed. Wait in dance room to be dismissed. Never leave dance room without permission.

### **Locker Room Etiquette:**

1. Keep your space clean!
2. You will be provided a locker, but must provide your own lock.
3. Do not leave stuff in front of other lockers
4. Do not bring open food/drink containers into the locker room
5. If you don't want it stolen, lock it in your locker!
6. Don't make your locker a wardrobe closet.
7. Do not share your locker combination with others.
8. Watch your language in the locker room, you are still in class.

9. You are not allowed to hang out in the locker room. The only time you are allowed into the locker room is beginning and end of class.

**Dance Class Attire:**

Appropriate attire for an activity class is needed in order to establish safety for the student and the freedom to move. The following are options for class:

- Leotard or tank top
- Leggings or shorts
- Jazz shoes, foot undeez, or tennis shoes
- Cover up: T-shirt and jogging pants/warm-up pants
- Hair in ponytail
- No jewelry

**Dance Class Responsibilities:**

- Each student is responsible for personal belongings. A locker will be provided. Students must provide their own lock. Locker combinations MUST be given to the dance instructors.