This course incorporates dance and movement techniques that will focus on building strength, flexibility, and endurance. Students will learn basic tumbling, turning, jumping, and partnering techniques that are incorporated in dance and everyday movement. Students will also be exposed to Pilates, Tae Bo, kick boxing, aerobics, and basic anatomy.

*ONLY A DOCTOR’S NOTE WILL EXCUSE YOU FROM PARTICIPATING IN CLASS*

Grading Policies

Unexcused late Progress (Formative)
Assignments will be accepted up to three days after the due date.
★ You have three days to turn in late assignments
★ Assignments turned in after three days will be docked 10% per additional day (not to exceed 30%)
★ The assignment with the lowest grade will be dropped once per semester

Mastery (Summative) Assessments (Tests/Quizzes/Projects) scoring below a 70% may be retaken up to a 70%.
There may be small-group performance and research-based projects; however, each student will be graded on their contribution to the project.

Units

★ Aerobic Activity
★ Warm-Up
★ Dance
★ Flexibility
★ Strength
★ Health & the Human Body

Online Learning Schedule

Synchronous – Tues. & Fri. @ 12:45 - 1:30
Asynchronous – Mon. & Thurs. @ 12:45 - 1:30
Check-in Day & Asynchronous – Wed. @ 11:00 - 11:10

Ms. Davis’ Office Hours – Mon., Tues., Thurs. & Fri. @ 8-10:15 & 2-3:30

Synchronous
Have Schoology open and ready to go in a browser. You are expected to be on the video conference for the duration of class. Please find a quiet place in your house and give yourself an area to work.

Asynchronous
Assignments that are asynchronous are to be done on your own; however, I am available for help during the designated asynchronous period.
1. **Perform**
The student will demonstrate the ability to use perceptual skills through performing and responding in movement.

2. **Aesthetics**
The student will demonstrate the ability to identify, analyze, and apply criteria for making aesthetic judgments in dance.

3. **Creative Expression**
The student will demonstrate an understanding of movement, its relationship to other significant components of history and human experience, and ways that it provides opportunities for individual, cultural, and creative expression.

   The student will demonstrate the ability to create dance by improvising, organizing dance ideas, and performing.

4. **Identify**
The student will be able to identify skeletal and muscular structures and how they function in movement.

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**Expectations**

All students will
- Report to SYNCHRONOUS classes on time and with mics muted
- Use Schoology posts to discuss school-related content only
- Use a respectful tone of voice when posting
- Use appropriate grammar when posting (not texting language)
- Conduct themselves appropriately at all times
- Participate in all classroom activities
- Obey all school rules
- Show respect for the teacher, peers, and all classroom visitors

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**Materials**

- Appropriate apparel
- Long hair pulled back
- No baggy clothing
- Clothing easy to move in
- School issued Laptop and personal ear buds.
- Space to safely move (minimum of 3'x6')

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**QACHS will send out a Google Form to each parent asking them to virtually sign off on their student's teachers' syllabi.**

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**SIGN OFFs**

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**All students at Queen Anne's County High School are expected to conduct themselves with great pride in academics and the community at large.** To this end, it is expected that all students will maintain academic integrity in every assignment. Work must be completed individually unless otherwise directed by the teacher. **Plagiarism** is a severe offense at QACHS and will result in immediate consequences.

**Examples of Academic Dishonesty:**
- Using unauthorized materials and/or resources
- Copying work from another student or the web
- Having anyone else but you complete coursework
- Using online searches or third party apps to find answers to your assessment questions
- Posting answers to assessment questions online