

MIND & BODY CONDITIONING
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Course Description:

A course designed for students interested in enhancing their core strength, agility and flexibility. Conditioning routines can include: stretching and strengthening poses, mat exercises, resistance band training and foam roller exercises as well as dance firming and toning exercises. Students will also develop an awareness of their Mind/body connection, posture/alignment and core strength/balance.

Course Objectives:

- ✓ Identify how to incorporate physical activity as a positive part of everyday life
- ✓ Identify personal goals and reflect on personal progress
- ✓ Acquire a basic movement vocabulary
- ✓ Recognize and apply correct posture and alignment to exercises that build strength and flexibility
- ✓ Increase self-esteem while engaging in a positive and non-competitive activity

Dance Room Policies:

1. No food, drink or gum in the dance room
2. No jewelry allowed while dancing. Jewelry must be removed before class.
3. Street-shoes must be removed before entering the dance studio.
4. No book-bags in the hallway. All book-bags should be taken to the locker room.
5. All students must fob-in before class begins and place her fob in the fob holder.
6. Proper floor maintenance will be taught and is expected to be practiced by all dance students.

Dress Code:

- Shoes & socks must be removed before entering the studio (students participate bare-foot)
- T-shirts, tank tops, shorts, leggings, dance/yoga pants, traditional dance attire are suggested
- No baggy Sweatpants or sweatshirts
- Hair must be pulled up and out of the face
- No jewelry, hats or scarves
- Dress code is enforced on Dress Uniform and dress-out days

Dressing Out:

Students have **three minutes** to dress-out in the locker room before class/Open Lab starts. Please arrive at class/Open Lab dressed and ready to participate. This means in proper attire, tap shoes on, hair pulled-up and all jewelry off. Bathroom visits should be taken care of before class starts.

All personal items should be kept in your locker. *A lock will be issued to you along with a locker for your use in the locker room. Security for your belongings is your responsibility. IWA is not responsible for lost or stolen items.*

Formative Assessment (FA):

*Attendance/Participation Points = Attendance in class is crucial. A dancer can only develop her skills and her body through repetition and training. Focused attention and engaged participation during each class meeting will help advance technical progression. Regular attendance and participation are essential and factor in as a large part of the grade for this class.

A maximum of 10 Participation Points (**FA**) will be earned each class period if a student...

- Arrives on time and is prepared for class (this includes remembering your fob, your tap shoes and handling all bathroom needs before class)
- Dresses appropriately
- Follows directions & class rules and respects herself, the teacher and fellow students
- Participates to the best level of her ability

*Each student is allowed one NLP per quarter for a Formative Assessment. A student may choose to use her NLP to regain Participation Points due to absence. In this case, although no points will be deducted, it is highly recommended that she still make every effort to attend an Open Lab to learn/practice what she missed.

Physical Education Department Severe Injury/Illness Policy:

- Injured students are expected to attend class and observe. A written observation of each class must be turned in at the end of that class period for participation points. Make-up work may be required to earn all participation points missed.
- Any student that cannot participate due to minor injury/illness may be excused by a parent/guardian for a max of 2 classes.
- A student suffering from a more severe injury/illness must obtain a doctor's note and may be excused from Physical Education / Dance for up to one cycle (5 class meetings). An alternate assignment may be required.
- If a student, per doctor's note, would need to miss additional classes (up to 2 classes), these may be made up to regain points in open lab.
- A doctor's note that excuses a student for more than 7 class meetings would be reason for that student to drop physical education / dance for that semester.
- Any student who is not participating in physical education / dance due to a doctor's note will not be eligible to participate in IWA athletics for the duration of the time prescribed in said note.
- Further information regarding making up missed classes is in syllabus.

*Additional **Formative Assessments** may be in the form of: written assignments, group activities, worksheets, quizzes, etc. Each LAP may also include movement skills checks (**FA**). Students will be asked to perform individually or in small groups in front of the rest of the class.

Summative Assessments (SA):

*Performance Tests = Student will learn choreographed movement sequences and perform in front of the teacher (and classmates at times) to prove mastery. Performances may be recorded and posted for review and learning purposes. Specific performance attire will be required for each Performance Routine.

Open Labs:

Open Labs in the dance studio are reserved for students enrolled in a dance class. OL time is for completing make-up work, practicing skills and routines, asking questions, obtaining personal instruction and executing cardio/toning/stretching exercises. Proper dress code, including dance shoes, is required. All other belongings belong in the locker room. All Open Lab students must fob-in and sign-in upon entering the studio. OLs are open to the first 20 students that fob-in. Students enrolled in a dance class that semester will be given priority for each OL.

REDO process:

Please refer to the IWA REDO Policy for general expectations. Listed below are some reminders and more detailed guidelines as they pertain to the REDO Process for this specific class.

- A “REDO” is available and/or mandatory for Summative Assessments only.
- Per IWA policy, any student completing the REDO process must attend a Wednesday morning session.
- The actual REDO Performance Test cannot be completed during the mandatory Wednesday morning session. Mrs. Grupe is in mandatory faculty meetings on Wednesday mornings and is therefore not available to assess the student at this time. Students must schedule and complete the REDO Performance Test in an Open Lab.
- It is the student’s responsibility to initiate the REDO process.
- The REDO process must begin with a conversation with the teacher. She and the student will evaluate the student’s performance, create a plan for improved performance and set dates for completion.
- A student’s individualized REDO plan will ALWAYS include Open Lab time for additional movement instruction/practice.
- A student’s individualized REDO plan may also include, but is not limited to:
 - Video review and written analysis
 - Documented home practice
 - Vocabulary assignments
 - Rhythm/tempo assignments

BYOD policy:

During dance class, each student should lock her device in her locker in the PE locker room. In the case that the student would need her device for a class activity, the teacher will notify students in advance. Please refer to IWA BYOD Policy for additional guidelines about student devices.

*This syllabus may change at the discretion of the teacher. Announcements will be made in the event of any changes. It is the student’s responsibility to remain aware of changes.