

Mrs. Payne ext. 6144  
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Mrs. Truett ext 5922  
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**LTISD Dance Department**  
Expectations, Guidelines, and Handbook

The dance department at LTISD is designed and modified every year to introduce the art of movement to all students. Each student will be evaluated, challenged, and taught at their individual level of ability whether it be beginner, intermediate, or advanced. Dance Aerobics will be offered for PE credit. Dance 2-4 is a Fine Arts credit and will perform in the dance class concert in the spring while the auditioned dance team classes will offer a more advanced curriculum and performance regimen.

**Contact information:** Abigail Payne  
**Email:** paynea@ltidschools.org  
**Conference:** Fall - 3B Spring - 2A

**Phone:** 512.533.6144  
**Tutoring:** By Appointment only

Laura Truett  
**Email:** [Truettl@ltidschools.org](mailto:Truettl@ltidschools.org)  
**Conference:** 2B

**Phone:** 512.533.5922  
**Tutoring:** By Appointment Only

**Course Description:** Dance Aerobics - This course is designed to develop proper cardiovascular endurance and weight training practices as well as correct terminology. We will be covering the healthy lifestyles, muscles and bones as well as how they function within our bodies. For our cardio development we will be practicing step aerobics, yoga and Zumba among other fitness techniques. There will also be dance technique including jazz, ballet and modern to prepare you for your future years of dance at LTHS.

Dance 2-4 - This course is designed to elaborate on multiple styles of dance and create an intermediate to advanced knowledge of dance skills and technique. We will be covering hip/hop, jazz, ballet, drill team, and many diverse cultural styles. We will also be creating and producing choreography for a performance setting. We will be learning how to effectively produce a large ensemble piece and professional performance. In addition, the class may study and/or complete projects over: dance history, current events, music notation, choreography, and health/nutrition concepts.

**Materials:** Dance Aerobics:

Class Athletic Top and Black, Red, or LTHS 'Nike' style shorts  
Tennis shoes for aerobics and Tan Jazz Shoes  
Optional Black Jazz Shoes, Dance Attire  
*\*\*Performance attire required for Recital Participation in the Spring*

Dance 2-4

Jazz Pants, Hot shorts, Tights, (tan or black) Jazz shoes and LT Top  
- All purchased through Class. *Must approve dance attire that you already own. You must bring the materials into class to be assessed.*  
*\*\*More Performance attire required for Recital Participation in the Spring.*

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**Textbooks:** Books are used as a class set therefore students will not be issued a book for this class. The text is 'A Sense of Dance' Second Edition written by Constance Schader.

**Grading:** 60% Major - Dress, Participation, and Punctuality  
40% Minor - Skills tests, Written Assignments & Projects

**Major - Dressing Out and Participation:** This is vital for achievement in this class. Each class period you will receive 100 points for a daily grade. For each missing item 25 points will be deducted. Ex. 25 pts. off for missing top, 25 pts. off for missing bottoms, 25pts. off for missing shoes and 25 pts. for corrections needed (ex: gum, hair down, etc.) If you are absent, you will receive a Missing for your daily grade, but you are able to make it up by turning in a one page summary over a dance article. If you are skipping class, you will not be able to make up your daily grade.

**Course Expectations:**

- ♥ Please don't forget to volunteer to help in class.
- ♥ Keep up with your work in Dance and ALL classes.
- ♥ Keep your personal belongings labeled and protected at ALL times. LTHS and the LTHS Dance Faculty are NOT responsible for lost or stolen items. Do not leave items in the bathroom or dressing area. Lock it in YOUR locker!!
- ♥ Check the Dance News board for upcoming performances, master classes, careers, and college info.
- ♥ Be respectful to your classmates. We are all at different dance levels, so if you exceed in an area, help your neighbor.
- ♥ YOU CAN. YOU WILL. AND I WILL HELP YOU.

**Illness/Injury:** If a student becomes ill or injured, he/she must bring a doctor's note outlining the problem, time of recovery, and possible alternatives to the exercises. The student is expected to make-up missed work and will be given alternative written assignments to substitute for the participation grade. There must be a doctor's documented note to refrain from participation during class. If you are unable to perform for a test grade, you may be asked to chart the routine or type a two page report of the dance genre using 2 sources. Test make-up assignments must be typed using Ariel 12pt font.

**Written Assignments:** Notes, vocabulary, and journals may be given for written assignments.

**Lockers/Locker Room:** Each Student will dress in a designated locker room. All personal items need to be locked in your locker (ie: purse, wallets and phones) backpacks will

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be kept in the locker room against the wall. Attendance will be checked at the beginning and end of class every day in dance gym#4

**Tardies:** Must be in the designated dance gym#4 at the tardy bell.

**Dance 1** - Mon, Tues, Thurs. and Fri be in stretch lines by 10:35 Wed 10:20am

**Dance 2-4** Mon, Tues, Thurs. and Fri - be in stretch lines by 12:20 Wed 11:45pm

**Absences:** Any missed assignments must be completed by the end of each 9 weeks. Most make-up work can be accomplished at the end of class during dress time.

**DAEP:** Must write a one page summary over a dance article for EVERY class day you miss to make up your participation grade and a two pg. report on a designated dance topic for EACH test missed in class. Dance articles provided.

**Etiquette:** I would like RESPECT to be the #1. This includes your presence and attitude in the studio.

### Classroom Rules

1. **Respect** all others, including their uniqueness.
2. **WATER ONLY IN THE LOCKER ROOM AND GYMS**
  - a. **Must be in a closed container.**
3. You are tardy at the bell.
4. You must dress out EVERYDAY! Hair will be pulled back into a ponytail.
5. No Gum, jewelry, or shoes that scuff.
6. No Talking during class.
7. Must leave all personal items in locked in lock

### Consequences

- Verbal Warning
- Call Parents/letter sent home
- Office Referral

\*\*Scholarships are available, see Mrs. Payne or Ms. Truett for details

**Mark Your Calendar....**  
**SPRING DANCE CONCERT - April 28<sup>th</sup> at 2pm**