

Dance Fitness

Miss Lindsay Baccus

E-Mail: lindsayb@provo.edu

School Phone: 370-4621 ext. 1373 (PE office)

Teacher Website: <http://missbaccus.weebly.com/>

Welcome to Dance Fitness: I am so excited to assist students in the adventures of movement and exercise. My goal is to give students a fun and unique experience, develop knowledge, introduce and experience fitness and exercise principles and initiate team-building activities that will provide a better quality of life. Healthy lifestyle management and wellness drives the core of this class. Units that will be taught during this elective class will include but not limited to Zumba, Ballet Barre, speed walking, jogging, Circuit Training, Yoga, Pilates, PIYO, and *Fitnessgram* fitness tests.

*Miss Baccus is certified in:  Group Ex Instructor, , , and 

Dress Code

These items should be brought to school and kept in your P.E. locker.

- 🍏 **Shorts, sweatpants or athletic pants** in any color (shorts must be long enough to cover half-way between the fingers tips and the knees).
- 🍏 **White, Gray, Navy Blue, or Black T-shirt** (it may have a picture and/or words as long as the shirt is white or gray and covers the shoulders, the tummy when you lift your arms up and the back when you bend over)
- 🍏 **Socks**
- 🍏 **Athletic Shoes.** These must be designed for running or cross training with sufficient traction so you don't slide on the gym floor. Platform tennis shoes, hiking boots, sandals, or flat canvas shoes (Converse, Keds, or Vans) are not permitted.
- 🍏 **Excessive/ dangling jewelry** must be **removed** and kept in your locker during class. A small ziplock bag or box is recommended for your p.e. locker to put jewelry in so it is not lost. (watches and stud earrings may be worn.)
- 🍏 PE lockers are individually assigned to keep your personal items safe and secure. Miss Baccus is not responsible for lost or stole items.
- 🍏 A plastic bag to take clothes home at least once a week to be washed.
- 🍏 **Deodorant** is to be kept in your locker but **NO perfumes or body sprays**. Good hygiene practices should be practiced at all times. Showers are available and towels are provided.

YOU MAY NEVER AT ANY TIME PARTICIPATE IN YOUR SCHOOL CLOTHES!!

Grading:

A=	93-100%	Daily Learning Target= 60% of final grade
A-=	90-92%	Common Assessments (Fitness Testing, Training Runs, Other Assignments, Projects and Circuit Folder)
B+=	87-89%	= 40% of final grade
B=	83-86%	
B-=	80-82%	
C+=	77-79%	
C=	73-76%	
C-=	70-72%	
D+=	67-69%	
D=	63-66%	
D-=	60-62%	
I=	Below 59%, Incomplete/Insufficient Effort/No credit given	

*Fitness Testing and Training Runs are graded based on individual student improvement. I understand that there are special circumstances such as injury, illness, and others. At each stage of testing and training runs students must demonstrate improvement to receive points. All Fitness Tests and Training Runs can be redone to demonstrate improvement to receive full points.

Physical Education is a state required class. Credit will be given to students who perform at 60% or better.

How to Earn an A in Dance Fitness:

- 🍏 **Actively** working to achieve the **learning target is required to receive full points each day in class.**
- 🍏 **If you are in class you must dress and participate.** Notes from home will not excuse you from participation. **My policy is Dress and Do Your Best every day you are here.** Notes from home will be accepted in order to inform me of any current problems you may be experiencing so I can monitor and restrict activities when appropriate. **Doctor notes are required to excuse you completely from daily participation.**
- 🍏 You are accountable for all work you miss due to absences (learning target points, assignments, skill assessments, projects, etc.) **Daily Learning Target points** are made-up by completing **Class Make-up Log** for each absence. Logs can be picked up from the teacher. All other work will be made up in class, during plus time or by appointment before or after school.
- 🍏 You are given **10** school days after you return from your absence to make up all work unless special arrangements are made.

Students with Disabilities: If you have any disability that may keep you from successfully completing this course, please let me know. Services are coordinated with the student and instructor through the main office and the special programs coordinator.

Miss Baccus' Rules & Class Management

- 1. Participate:** Be on task and follow directions immediately
- 2. Punctual:** Be in the room getting needed materials when the bell rings
(have your clothes and shoes, no food or gum, no backpacks and no electronic devices)
- 3. Polite:** Use appropriate, positive language (no teasing, put-downs, or swearing)
- 4. Personal Space:** Keep hands, feet, and objects to yourself
- 5. Persevere:** Keep trying even when it's hard

The following procedure will occur if a student breaks any of the classroom rules and/or expectations.

First time, you will receive a **Warning** from Ms. Baccus, you will sign the **Black Book**.

Second time, you will stay after class to visit with Ms. Baccus.

Third time, you will be required to **write a 1 page behavior** reflection paper due back signed by a parent/ guardian in **24 hours** (the next day you have class). If the behavior essay is not returned you will call home during class with Miss Baccus.

Fourth time, you will be given a lunch detention, which must be completed during the very next lunch.

Fifth time, you will receive an after school detention and a phone call home to your parents.

Sixth time, you will receive one full day in ISS.

Seventh time, you will receive 2 days of ISS and/or a parent/teacher conference.