



ALEXANDRA MIDDLE SCHOOL

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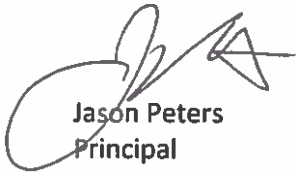
Dear Dr. Henderson:

On behalf of Alexandra Middle School, I would like to request a renewal of our Dance and PE Max Electives. Both of these courses currently have a \$200 fee attached to them. This fee goes towards the expense of bussing, community instructors and facility rentals.

These programs have proven to be of high interest for our students and continue to fill each year. For example, even with declining enrolment due to fewer students from Southridge, we had four blocks of PE Max and two block of Dance elective. One of the highlights of our orientation evening is the "dance mob" that our Gr. 7 Dance elective group performs for all our potential future students. These electives are double blocked which allows the instructors to go to greater depth as they have a large chunk of time to provide instruction.

Thank you for your consideration please let me know if there is any other documentation that is necessary for the process.

Sincerely,



Jason Peters
Principal

Alexandra Middle School Dance Academy Course Description 2014 – 2015

General Information

- ❖ **Teacher:** Ashley Bechtold
- ❖ **Classroom:** Room 110
- ❖ **Phone Number:** (403) 527 – 8571 (ext. 3110)
- ❖ **Email:** ashley.bechtold@sd76.ab.ca



Rationale

- ❖ Our ultimate goal at Alexandra is to offer students' a unique and challenging experience that allows them to excel in their academics while pursuing their enthusiasm and passion for dance. This course is intended to provide enhanced learning opportunities for all students who are interested in exploring the field of dance.

Hours of Instruction

- ❖ Approximately 75 hours of instructional time.

General Learner Expectations

- ❖ Students will be knowledgeable about dance skill development through proper training techniques associated with the student's particular interest.
- ❖ Students will understand the importance of nutrition for healthy participation in dance as an athlete.
- ❖ Students will develop understanding beyond the tactical and physical enhancement of aspects of a sport.
- ❖ Students will effectively deal with dance related emergencies and better understand their own physical maladies as it pertains to their involvement in dance.
- ❖ Students will objectively assess their fitness strengths and weaknesses, establish performance goals and evaluate the success of associated training programs.

Types of Dance

- ❖ The students will be introduced to a variety of different types of dance. Some of the dances may include lyrical/ballet, jazz, hip hop, musical theatre and yoga/pilates.

Assessments

A student's final mark will consist of two report card marks which are each worth 50%. Each report period will be broken into the following categories:

❖ Attendance/Change out:

- Accepts responsibility for coming to class prepared with necessary materials on a daily basis
- Students are encouraged to change every day for Dance Academy.

❖ Participation:

- Demonstrates excellent participation in all activities and displays outstanding effort.
- It is important that students put their best effort into each style of dance to get the most information they possibly can.

❖ Social Interactions:

- Successfully cooperates and collaborates with all students
- Students should try to participate with all students in class and to encourage others to continue to get better.

❖ Fitness:

- Demonstrates a healthy level of physical fitness including; aerobic fitness, flexibility, muscular strength, and agility
- It is important as an athlete to maintain good physical fitness. Fitness testing will occur at least two times throughout the semester.

Associated Dance Schools

- ❖ Dance schools that we will be involved with this year:
 - Limelitz Dance Studio
 - Heartbreakers
 - Medicine Hat School of Performing Arts
 - GX Dance Studio



Alexandra Middle School

P.E. Max Course Outline

2014-2015



Philosophy:

Physical Education is a vital component of the well rounded educational experience of the student at AMS, enabling students to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. PE Max is a program which is designed to offer students the opportunity to experience activities not available in the regular PE program. This program is perfect for students who are eager to try new activities in more depth.

Hours of Instruction:

Approximately 40 double period blocks.

General Outcomes:

Alexandra's Physical Education Program uses Alberta's Physical Education Curriculum guidelines, whose four general outcomes are referred to as the ABCD's of physical education.

- ❖ **Activity:** acquire skills through a variety of developmentally appropriate movement activities.
- ❖ **Benefits Health:** Understand experience and appreciate the health benefits that result from physical activity.
- ❖ **Cooperation:** interact positively with others.
- ❖ **Do It Daily For Life:** assume responsibility to lead an active way of life.

Assessment

The physical education program is working with an outcome based form of assessment to provide specific feedback about each student's progress. A student's final evaluation will consist of two report card assessments that involve two specific outcomes. The outcomes assessed each term will include: participation level and social interactions. **Students will not be receiving a percentage in any of these areas but will be receiving a level of proficiency that will include: Beginning, Developing, Approaching or Meeting.** There will be no written exams or final exam.

PE Max Activities:

***Please note: these activities will be dependent on cost and availability.**

Taekwondo
Curling
Golf
Wall Climbing
Squash
Water Polo
BMX
Horseshoes

Swimming
Bowling
Fitness Training
Yoga
Broomball
Tennis
Breakdancing/hip hop