

P.E. Dance I/Theatrical Dance I - Beginning
2013-2014

Teacher: Mrs. Courtney Wadman
Phone: (530) 273-4431 x 2103

Email: cwadman@njuhsd.com
Website: www.nevadauniondance.com

Description of Course Objectives and Goals

The students in Beginning Dance attain proficiency in multiple dance genres, including ballet, modern, contemporary jazz, hip hop and character. This course is designed to introduce the high school dancer to the various dance expressions of the “dance-as-art” world, and to engender in the student an understanding and appreciation of dance in our culture and in world cultures. This class combines dance training, audition skills, composition, performance opportunities, and historical as well as cultural appreciation of dance. Students will learn to develop artistic perception by processing, analyzing, and responding to sensory information through the language and skills unique to dance. They will also develop creative expression by applying choreographic principles, processes, and skills to create and communicate meaning through the improvisation, composition, and performance of dance. Students will learn to critically assess and derive meaning from works of dance, performance of dancers, and original works according to the elements of dance and aesthetic qualities. By the end of this course, students will be able to connect and apply what is learned in dance to learning in other art forms, subject areas, and careers.

Dress Code

- Girls must wear leotards and tights/leggings for technique work. Black spandex shorts with tights and leotard are okay. You can wear socks, dance paws, or bare feet for modern and the first part of jazz. Jazz shoes or socks are advised for turns and jumps across the floor, and ballet shoes are recommended for ballet class but are not required. No bulky tops, bottoms, or wraps allowed. Tight fitting sweats and warm-ups are appropriate for cold weather during the first exercise of class only. Ponytail or bun with bangs pinned back.
- Boys must wear a body hugging tee shirt or male leotard, leggings/jazz pants, and a dance belt. Dance shoes are recommended but are not required.
- No large dangling or sharp jewelry.

Daily Class Schedule

The class routine includes warm ups, technique, stretches, progressions across the floor, and choreography. Ordinarily, the weekly schedule will be as follows:

Mondays: Modern Class (Hip Hop on the last Monday of each month)

Tuesdays: Ballet Class

Wednesdays: Jazz Class

Thursdays: Ballet Class

Fridays: Contemporary Jazz Class

The class will also include discussions, oral presentations, choreography projects, informal class performances, and written or typed responses related to dance history and culture. These activities may alter the weekly schedule of technique classes.

Grading

Class Participation: 60%

Since dance is a physical participation class, attendance and active participation are essential to improving your skills. Your body is your instrument. It must be tuned, trained, and refined. This training occurs only by practice, repetition, and guidance from your teacher. Therefore, attendance and participation weigh heavily in the grading process. Each day that you participate fully in class, you will earn up to ten points. Written make-ups or note taking are worth a maximum of seven points daily. Points will also be deducted if you are tardy, unprepared, or disruptive. To earn full participation credit, you are expected to demonstrate readiness to dance (the dancer’s discipline), self-motivation and perseverance in dance training, and a positive, team-player attitude. If you are absent, you may make up the absence by attending an after-school workshop, a rehearsal, or by writing a one page handwritten or typed report on a researched dance-related subject. Since this is a physical participation class, you can only make up five days per quarter with written work. If you have more than five absences in a quarter, you must make up your absences by attending workshops, rehearsals, performances, or, if you have an open period, you can participate in one of my other dance classes during the school day. If you have a serious illness with a projected long-term recovery period (broken bone, chicken pox, pneumonia, etc.), see me for an accommodated participation plan.

Dance Journals/Papers/Presentations/Projects: 20%

You will need a small composition notebook and a pencil/pen to complete weekly dance journal entries on concepts learned in class. A limited supply of notebooks and writing utensils are available to students who are unable to provide their own classroom materials. You will have group choreography projects, oral reports, and poster presentations throughout the year. Students enrolled in the class for performing arts credit will be required to see a minimum of three live performances per school year (dance, drama, choir, band, etc.) and write performance critiques. Students enrolled in the class for P.E. credit will complete three research-based short essays related to physical education/health as it pertains to dance training. A rubric will be provided for specific grading criteria for these written assignments.

Quizzes/Tests/Exams: 20%

For each course unit, you will have movement examinations; you will be evaluated on technique skills' acquisition, performance quality, and choreography. You will complete in-class performances on choreography projects. All performance assessments will be considered "Tests". You will also have written quizzes and exams on dance topics discussed in class.

Class Rules

1. Be dressed in appropriate dance attire in order to participate. Leotards and tights were developed for dance for practical as well as aesthetic reasons. They show the shapes and lines of the body. They allow technical errors to be seen so that they can be corrected. A limited supply of dancewear is available for check-out to students who are unable to purchase their own dance clothes. Students are expected to strictly respect and follow the class dress code policy (beginning Tuesday, September 3, 2013).
2. Be on time and prepared for class. You must be in the locker room before the tardy bell rings. In dance, it is neither professional nor safe to be late. Dancers must develop the habit of being ready to dance when class begins:
 - Class starts 5 minutes after the tardy bell and ends 5 minutes before the passing bell. You will be counted tardy if you are not in your place on the dance floor as I start class.
 - It is not appropriate to sit and chat before the start of class. Warm yourselves up, and practice material to be performed in class. You can always improve by rehearsal!
 - No participation without a proper warm up.
3. Have a medical excuse if you are unable to fully participate in class and/or rehearsal:
 - If you are ill or unable to physically participate in dance class, you need to bring a note from home or the doctor/school nurse on the day of your non-participation in order to be excused from physical participation.
 - When you have an excused note to sit out a class/rehearsal, you still must actively participate by taking notes on the entire lesson given that day. These notes are to be handed in to me immediately after class; they make up that day's absence (to earn up to seven participation points), and these notes are a guide for you to use so that on the next day you will be prepared to participate fully and without a loss of knowledge.
4. Follow class etiquette rules. These are general habits to develop in the world of dance and dance classes:
 - No street shoes on studio floor. The reason behind this is our shoes carry in glass, pebbles, and dirt from outside. For the health and safety of all dancers, please leave your street shoes by the door.
 - No gum or food in class.
 - No sitting down during class unless instructed to do so by your teacher or choreographer.
 - No talking during instruction. If you have a question, please raise your hand. Limit conversation to course or rehearsal material and save personal conversations for after class.
 - Many corrections in dance are given by touching or physically placing the student's body into alignment, but if you are not comfortable with your teacher or choreographer giving you a physical correction, be sure to inform and remind them in a polite way. Remember that when your teacher gives you a correction it is an honor. It means your teacher is investing time and effort to help you become a better dancer. Whether a class correction or an individual correction, listen to them all and absorb them as if they were directed especially at you.
 - Observe other students in class. This can help you develop an eye for line, design, correction and inspiration. Encourage your peers when they are struggling and acknowledge accomplishment and artistry. Dancers receive a lot of criticism, work very hard, and push way beyond the average human capacity. We all can benefit from sincere kind words and applause.

Electronic Devices

All electronic devices must be put away and should not be visible during class time. Students will be notified in advance when an upcoming lesson or choreography project will require research or use of an electronic device. In certain instances, students will be encouraged to bring their device to class to assist in research, to play music for their choreography project, or to view choreography videos.

Lockers

You will be issued a locker for your own use. Keep it locked and don't share your key or combination. If you already have a P.E. locker or a sport locker, you may use that for this class. Key locks tend to get lost, so I recommend a combination lock. You will need to supply your own lock and bring the lock with you on the second day of school for our locker room orientation during your dance class period.

Expectations

I expect you to treat each other, me, and all your guest teachers and choreographers with respect. I expect you each to work to your individual capacity and to improve. Your success in Beginning Dance is very important. Please communicate any challenges with the assignments that you might have, and I will be happy to help you. Your commitment to yourself as a growing dancer who needs to work hard to perform well, and as a team member who needs to work consistently with your fellow dancers in order for the whole dance to look good, is a primary requirement of this course. Dance is a tremendous amount of work and tremendous fun. If you work hard and keep yourself open to new ways of moving as well as thinking, by the end of the year you'll have a skill to be proud of, no matter where you started the year. The dancers and dance program at Nevada Union High School have a reputation for excellence in Nevada County, and they are commanding respect in dance programs throughout California and beyond. I know we will continue our tradition of excellence in dance through you. I look forward to working with all of you and making this year's dancers and shows successful. Most of all, I look forward to helping you develop your passion for dance and the performing arts!

Performance Opportunities for Beginning Dance

All students in Beginning dance will have opportunities to volunteer as backstage crew or ushers at our annual dance concerts throughout the school year, which can be fun and valuable work experiences. Students who volunteer may receive extra credit, and sign-up sheets will be available before each production/event.

Beginning dancers who want performance experiences will have the opportunity to audition for Beginning II. The audition will take place during their dance class period near the end of the first quarter. Approximately 30-40 dancers from all beginning classes will be chosen for Beginning II, which gives them the opportunity to learn three dances (by various choreographers) to be performed in *Spring for Dance*, our biggest annual dance production. There will be five performances in the Don Baggett Theatre at the end of April and the beginning of May.

The rehearsals for Beginning II will be every Friday from 2:40-5:00 (beginning October 25th). These rehearsals will only be required if you are selected by audition to be in Beginning II. If you are chosen and you do not attend mandatory rehearsals, you are in danger of being dropped from the dance. If you are not feeling well, but are not contagious, standing in or sitting and taking notes so that you know your steps and staging will count as attendance at a rehearsal. However, your health always needs to be the top priority, so parents need to determine whether or not it is safe for a student to attend, even just to sit out and observe. If you are unexpectedly ill and cannot attend rehearsal, please call my extension (530) 273-4431 ext 2103 or email me at cwadman@njuhsd.com as soon as possible to let me know.

“Countdown” is the term we use for the critical weeks of classes and major rehearsals leading up to the production. It is very important to attend classes and rehearsals during the countdown period (April 1st through May 3rd). Your body needs consistent training, and performance notes are reviewed daily in classes and rehearsals. If you become ill, it may not be safe for you to perform in the show. We want your health to be top priority, and we don’t want students to dance if they are too sick. If you have a valid excuse for being absent during countdown, then you may still be eligible to perform in the show, but you must contact me as soon as possible. Unexcused absence from the required rehearsals, including staging, tech, and dress rehearsals during countdown may result in your being staged out of the show completely.

Putative Rehearsals/Performance Schedule for Beginning II

(Schedule is also available on the Calendar Section of our website: www.nevadauniondance.com)

- Every Friday (school days only) from 2:45-5:00 p.m. - October 25th through May 1st
- April 4: Staging Rehearsal 2:45 p.m. to 6:00 p.m.
- April 9: Tech Rehearsal 2:45 p.m. to 6:00 p.m.
- April 22, 23: Run-through of entire show (2:45- until done, usually around 7:30)
- April 24: Formal Dress Rehearsal (2:45 until done)
- April 25 and 26: Evening Performances (5:00 cast call, Performance runs 7:00-9:00)
- April 28: Matinee Performance (12:00 cast call, Performance from 2:00-4:00)
- April 30 and May 1: Dress Rehearsals (2:45 – until done)
- May 2 and 3: Evening Performances (5:00 cast call)



Nevada Joint Union High School District
Nevada Union High School Theatrical Dance

11761 Ridge Road; Grass Valley, California (530) 273 4431 X 2103

August 14, 2013

Dear Parent or Guardian of NUHS Dance Student:

We are very happy to have your child enrolled in our dance program at Nevada Union High School. To ensure the best possible experience in this art form for your student, it is important that you be aware of the requirements for this class. Your support is essential to maintaining the high level of quality dance education at this high school. We have attached the course policies for Theatrical/PE Dance to this form. Please read through the class requirements, sign this form as acknowledgement of having received the information, and then have your student return this form to Mrs. Wadman.

I, parent/guardian of _____ (student's name), have read the course policies and understand the expectations and requirements of the dance class in which my child is enrolled.

Parent Signature: _____ Date: _____

Phone: _____ Email: _____

If there is any information that you would like to share with me regarding your child's involvement in my class, feel free to contact me via email or phone at your convenience. You may also include in the space provided below any additional comments, questions, concerns, etc. that you would like to share with me:

Comments: _____

Thank you!

-Mrs. Wadman



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Dear Parent or Guardian of NUHS Dance Student:

The Nevada Union High School Theatrical Dance Department has a website (www.nevadauniondance.com), and a facebook page, NUHS Theatrical Dance, on the worldwide web. The purpose of these Internet accounts is to post information about the NUHS Dance Department, including articles that inform our public about events, auditions, and performances, as well as to sell tickets to our shows and publish information about post-secondary dance opportunities. Our professional photographer, Marion Keech, who is a parent of a former dance department student and who takes photos during our rehearsals and performances, also has a website to advertise her work and to provide opportunities for photos taken at the shows to be purchased. This waiver is intended to give permission for the Dance program and our professional photographer who takes pictures of NUHS Theatrical Dance productions to publish these performance photos and video clips of the dance performance on these Internet sites, and your student may appear in some of these photos or video clips. If you have any questions or concerns, please contact me at cwadman@njuhsd.com.

Thank you,

Courtney Wadman: Nevada Union High School Dance Teacher

_____ **I ALLOW** Nevada Union High School Theatrical Dance and Marion Keech Photography to include my child's image in performance pictures and/or video clips posted on the Dance Department's website and the NUHS Dance facebook page, and Marion Keech Photography websites. If I do not approve of a particular picture and/or video clip, I reserve the right to have it removed from the Internet.

_____ **I DO NOT ALLOW** Nevada Union High School Theatrical Dance and associated photographers to include my child's image in performance pictures posted on the Dance Department's website, facebook page, and photographers' websites.

Student Name: _____ **Date:** _____

Parent Signature: _____ **Date:** _____