

Effective Observation Notes

As a reminder, you must have a note from a parent/guardian on the day of your non-participation in order to sit out and observe class. If you need to sit out for multiple days due to illness or injury, you must provide a doctor's note. You can receive a maximum of 7 out of 10 participation points for the day when you sit out and take written observation notes.

As you observe class, take notes in your dance journal. Follow the guidelines below:

1. Provide a summary of the concepts discussed in class. What did the teacher say to help students understand the movements?

Example: "Today, class began with a discussion of the 3 foundational elements of ballet technique: alignment, turnout, and balance. Mrs. Wadman reminded the class that proper alignment means having a 'neutral spine and neutral pelvis.' This means not tucking the pelvis under to flatten the back. It also means not sticking the pelvis out and arching the back. Rather, allow for the natural curves of the spine and engage your abdominal muscles the entire time. The class practiced finding proper alignment by lying on the floor, doing isolations on hands and feet, and by standing at the barre..."

2. You must outline each exercise performed in class, using proper dance vocabulary.

Example: The class did a plié exercise: 2 demi-pliés, 1 relevé, and one grand-plié, using port de bras (movement of the arms) in 1st and 2nd position..."

3. Describe observations of your peers in class. What are they doing well? What do they need to work on to improve?

Example: The entire class did a great job keeping their legs really straight and stretched during the Tendu exercise. I noticed that Maria was working really hard to maintain her turnout and point her feet. It was beautiful! I think the class could work on port de bras (arm movements) while doing this exercise, focusing on the shape of their arms and remembering to keep their elbows lifted. No "chicken wings" in 2nd position! 😊

4. Your notes should be at least one full page. Turn your notes in to me at the end of the class period so that we can review them together.