

**P.E. Dance II/Theatrical Dance II – 6<sup>th</sup> Period: INTERMEDIATE  
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 Intermediate Dance perform in multiple dance genres, including ballet, modern, contemporary jazz, hip hop, and character, integrating an intermediate level of technical skill and clear intent. This class combines intermediate level dance training with historical and cultural appreciation 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. A variety of concert dance styles will be used in choreography. The goal of this class is to prepare the dancer for performance skills at the high school level and to prepare the dancer for further dance study and training for placement into Advanced Dance or college or community dance training programs. A second goal of this course is 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. This class combines dance training, audition skills, composition, performance experience, and history and appreciation of dance.

**Dress Code**

- Ballet: Girls must wear black leotards with pink tights and pink ballet slippers. No skirts, tee shirts, or shorts. Hair in bun and bangs bobby pinned or clipped out of face. Boys must wear a white body hugging tee shirt and black leggings/tights with a dance belt and black or white ballet slippers.
- Modern and Jazz: Girls must wear leotards and tights 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. 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 may wear a body hugging tee shirt, leggings/jazz pants, and a dance belt.
- No large dangling or sharp jewelry.

**Daily Class and Rehearsal Schedule**

Theatrical Dance II (Intermediate) builds upon Theatrical Dance I (Beginning) and combines intermediate technique, steps, and choreography. 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

Wednesdays 2:40-5:00: Mandatory Class Rehearsal (beginning August 21<sup>st</sup>)

Thursdays: Ballet Class/Contemporary Jazz Class (alternating)

Fridays: Pilates for Dancers

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.

**Rehearsal and Performance Participation Requirements**

Rehearsals are when the bulk of the concert choreography is taught and staged. I consider rehearsal times as homework and performances as major class projects. If you do not attend mandatory rehearsals, even with a valid excuse, 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 or email me 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. 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 will still be eligible to perform in the show. Unexcused absence from class or a major rehearsal during countdown will result in a ten percent reduction of your performance project grade, and unexcused absence from a performance will result in a failing grade for this performance project. Unexcused absence during countdown may result in you being cast out of the show completely.

Because dance is a performing art, part of your work will be to prepare for performances in the 2013-2014 concerts: *A Student Choreography Showcase* and *Spring for Dance*. Participation in these performances and the rehearsals that prepare for them are mandatory and constitute part of your passing grade. Additional performance opportunities, including *Winter Dance*, the Ohlone Festival, and *STARZ*, will be voluntary for students who are available and interested in participating. All rehearsal times and performances will be announced in advance so you will have time to adjust your schedule.

Admittance to this class is by audition only and space is limited; if, after negotiation, you have a problem meeting the performance responsibilities assigned to you, then re-assignment to another dance class might be advisable, and your space in this class will be given to another dancer.

### **Grading**

#### *Class Participation: 50%*

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.

#### *Rehearsal Participation: 30%*

As stated above in the Class Schedule section, one day per week rehearsal time (every Wednesday from 2:40 until 5:00) and additional staging, tech, and dress rehearsals for the required performances will be mandatory. See the attached putative schedule of rehearsal and performance times. If you do not attend mandatory rehearsals, even with a valid excuse, you are in danger of being dropped from the dance or you may not be included in whatever section of the dance is being worked on at the rehearsal(s). 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.

#### *Dance Journals/Papers/Presentations/Projects: 10%*

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.

#### *Quizzes/Tests/Exams: 10%*

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. Students are expected to strictly respect and follow the class dress code policy. A limited supply of dancewear is available for check-out to students in need.
2. Be on time and prepared for class. 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 advanced 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 Intermediate 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!

**PUTATIVE REHEARSAL AND PERFORMANCE SCHEDULE**  
(Schedule is also available on the Calendar Section of our website: [www.nevadauniondance.com](http://www.nevadauniondance.com))

**Rehearsals**

- Every Wednesday (school days only) from 2:45-5:00 p.m. (MANDATORY August 21<sup>st</sup> through April 30<sup>th</sup>)
- Student Choreography Showcase Weekend Rehearsals (VOLUNTARY for intermediate dancers who are available and selected to be in additional advanced dance pieces for this show. Schedule of choreographers' time slots will be available after proposals have been submitted and casting completed):
  - September 28<sup>th</sup> and 29<sup>th</sup>
  - October 26<sup>th</sup> and 27<sup>th</sup>
  - November 23<sup>rd</sup> and 24<sup>th</sup>
  - December 14<sup>th</sup> and 15<sup>th</sup>
  - January 25<sup>th</sup> and 26<sup>th</sup>

**Performances**

1. *Winter Dance* – (VOLUNTARY for Intermediate Dancers who would like to participate in evening performances only) Center for the Arts: December 13 & 14
2. *13<sup>th</sup> Annual Student Choreography Showcase*: Don Baggett Theatre (MANDATORY participation in the Intermediate Class Dance)
  - February 19, 20, 21: Staging rehearsals (Pieces by schedule – you only need to be present for the dance(s) you're in)
  - February 22 and 23: Tech rehearsals (Pieces by schedule)
  - February 24, 25, and 26: Dress Rehearsals (2:45 until done, usually around 7:30)
  - February 27, February 28, and March 1: Performances (5:00 cast call – show runs from 7:00-9:00)
3. Ohlone Festival, VOLUNTARY Performance Field Trip to Fremont, CA : March 21<sup>st</sup> and 22<sup>nd</sup>
4. *STARZ Show* – VOLUNTARY participation, Center for the Arts (Performance Dates TBA, likely March 28<sup>th</sup> & 29<sup>th</sup>)
5. *Spring for Dance*: Don Baggett Theatre (MANDATORY participation)
  - April 2: Staging Rehearsals (3:00-6:00 p.m.)
  - April 9: Tech Rehearsal (3:00-8:00 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)

**Voluntary Field Trips/Special Events**

- 3<sup>rd</sup> Annual NU Dance Yard Sale: Saturday, Sept. 14<sup>th</sup> – 8:00 a.m. to 3:00 p.m. in the District Office Parking Lot
- Axis Dance Company Master Class on September 14<sup>th</sup> 3:00-5:00 p.m.
- *Dance on Film* Screening of Advanced Dancers' Projects, plus raffle/silent auction, Wednesday, November 6<sup>th</sup> from 6:30-8:00 p.m. at the Nevada Theatre in downtown Nevada City.
- *Flashdance* Sacramento Community Theatre (February 8<sup>th</sup>, Matinee)
- *Wicked* Sacramento Community Theatre (Thursday, May 29<sup>th</sup> – Evening)



**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 co-curricular performance activities required 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*



**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:

The Nevada Union High School Theatrical Dance Department has a website ([www.nevadauniondance.com](http://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](mailto: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:** \_\_\_\_\_