

P.E. Dance I/Theatrical Dance I - Beginning 2014-2015

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Description of Course Objectives and Goals

The students in Beginning Dance attain proficiency in multiple dance genres, including ballet, modern, jazz, hip hop and character. This course is designed to introduce the high school dancer to classical as well as contemporary 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. Tight fitting sweats and warm-ups are appropriate for cold weather during the first exercise of class only. No bulky tops, bottoms, or wraps allowed.
- 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.
- Remove large dangling or sharp jewelry.
- Long hair must be tied back away from face in a ponytail or bun, and longer bangs need to be pinned back. Headbands are recommended to keep hair out of eyes.

Daily Class Schedule

The class routine includes warm ups, technique, stretches, progressions across the floor, and choreography. 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.

Ordinarily, the weekly schedule of technique classes will be:

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

Grading

Class Participation and Citizenship: 65%

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: 15%

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 2, 2014).
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.
 - If you arrive before class starts, then please go directly to your place on the dance floor to begin warm up, and practice material to be performed in class. You can always improve by rehearsal.
 - If you are late to class, then you need to begin with a proper warm-up before participating in subsequent class exercises.
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, 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 from physical participation for 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:
 - Please keep street shoes off the studio dance floor. Shoes can carry in glass, pebbles, and dirt from outside. For the health and safety of all dancers, please leave your street shoes in the cubbies by the door.
 - Dispose of gum/food before starting class.
 - Please be attentive during class and listen carefully. 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. 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 at the start of the school year. Approximately 30-40 dancers from all beginning classes will be chosen for Beginning II, which gives them the opportunity to perform in multiple dances for our annual spring production at the Don Baggett Theatre: *Spring for Dance* (March 12th-14th).

The rehearsals for Beginning II will be every Friday from 2:40-5:00 (beginning September 5th). 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 productions. It is very important to attend classes and rehearsals during the countdown period (staging, tech, run-throughs, and performances). 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)

Rehearsals for All Beginning II Dances

- Every Friday (school days only) from 2:45-5:00 p.m. – September 5th through February 27th

Countdown Rehearsals and Shows for *Spring for Dance*

- Friday, March 6th: Staging and Tech Rehearsal (in costumes) 2:45 p.m. to 6:30 p.m.
- March 9th, 10th, and 11th: Photo Shoots and Dress Rehearsals of entire show (2:45-until done, usually around 6:30)
- March 12th, 13th, and 14th: Evening Performances (5:00 cast call, Performance runs 7:00-9:00)
- March 14th: Matinee Performance (12:00 cast call, Performance from 2:00-4:00)



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

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

August 13, 2014

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/Questions: _____

Please return this signed form no later than Friday, August 15th for 10 points. **Thank you so much!**

-Mrs. Wadman

