

## Dance I (2<sup>nd</sup> Year P.E.)/Theatrical Dance I (Performing Arts) – Beginning Level 2017-2018

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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 more. 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. Ballet shoes are recommended for ballet class but are not required. Jazz shoes or socks are advised for turns and jumps across the floor. Clean-soled sneakers (not to be worn outside) can be used for hip hop classes, but they 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, technical exercises, progressions across the floor, choreography, and stretching/cool down. 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

Tuesdays: Ballet Class

Wednesdays: Jazz Class

Thursdays: Choreography

Fridays: Hip Hop

### **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.

#### *Projects/Journals/Writing Assignments: 20%*

You will have group choreography projects, oral reports, and presentations throughout the year. You will need a small composition notebook and a pencil/pen to complete 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. Students will be required to see a minimum of four live performances per school year (one per quarter) and write performance critiques. Students will set fitness goals and track their progress towards their goals in weekly reflections. A rubric will be provided for specific grading criteria for projects and writing assignments.

#### *Quizzes/Tests/Performance Assessments: 15%*

For each course unit, you will have movement examinations; you will be evaluated on technique skills' acquisition, performance quality, and choreography performed in class throughout the school year. All performance assessments will be considered "Tests". You will also have written quizzes and exams on dance topics discussed in class, including dance vocabulary, elements of choreography, dance history, anatomy, components of physical fitness, etc.

### **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 5, 2017). Students arriving unprepared for class will be required to borrow dance clothes for the day and complete a code of conduct reflection form for homework. Repeated instances of being unprepared for class will result in a disciplinary referral.
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 must present a hall pass, and you will need to begin with a proper warm-up on the side of the room before joining your classmates 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 signed parent note with phone number on the day of your non-participation in order to be excused from physical participation. Parent notes are allowed for only three consecutive days. A physician's note specifying limitations and modifications must be presented if illness/injury lasts more than three days. You can receive full credit for the day by dressing into dancewear and doing modified exercises in class (e.g. strengthening/stretching or floor barre on a mat on the side of the room).
  - 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. There are four different observation forms that students may choose from to

fill out reflection questions and to take notes on the lesson 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.

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 stepping onto the dance floor.
  - 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 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.

### **Late Work Policy**

It is each student's responsibility to ask for any missing assignments or makeup work due to absences from the class. Students will be given one day for each day's excused absence to complete missing work. Assignments need to be turned in on the due date for full credit. Late work will be accepted with a reduction of 10% on the grade for that assignment.

### **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 perform in our fall and spring dance concerts. Performance participation is not required, but it is a lot of fun! Students may also volunteer as backstage crew or ushers, 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. Performers and their parents must sign a Performance Contract prior to being staged into any choreography. Performers will be required to abide by all rules outlined in the contract to be eligible for participation in the shows.

Students are also eligible to audition for our Hip Hop Crew, a student-run group that meets in the dance room during lunch on selected days. A schedule of hip hop crew rehearsals will be agreed upon at the start of the school year. Auditions will be on Thursday, August 24<sup>th</sup> at lunch in the dance studio.

Dancers may choose to participate in voluntary after-school enrichment classes, master classes, or choreography rehearsals with guest teachers/choreographers. Opportunities for these special events will be announced in our monthly newsletters, and additional information will be posted on our program website, [www.nevadauniondance.com](http://www.nevadauniondance.com). Enrichment or master classes will serve as a fundraiser for the N.U. dance program to purchase costumes and sets for our shows, and they provide additional dance and performance opportunities for all levels.

## **Voluntary Performance Opportunities**

***Fall for Dance*** – Performances in the Don Baggett Theatre on Friday, November 17<sup>th</sup> 7:00 p.m. to 8:30 p.m. (CAST CALL at 5:00 p.m.) and Saturday, November 18<sup>th</sup> 2:00 p.m. to 3:30 p.m. (CAST CALL at 12:00 p.m.)

- Tech Rehearsals – Pieces by Schedule – dancers will only need to be present for their individual piece(s), and a more specific schedule of tech times will be announced as we get closer to the show. Dates/times for tech will be scheduled for November 6, 7, 8, 9: 3:30 p.m. to 6:30 p.m.
- Dress Rehearsals: November 13: 2:30-6:00 p.m. (collaboration schedule – 1<sup>st</sup> run-through) and November 14, 15, 16 (preview performance for staff/sponsors): 3:30-5:30 p.m.

***Spring Dance Concert: “Contemporary Classics”*** – Performances in the Don Baggett Theatre on Thursday and Friday, April 26<sup>th</sup> and 27<sup>th</sup>: 7:00-8:30 p.m. (CAST CALL 5:00 p.m.) and Saturday, April 28<sup>th</sup>: Matinee Performance 2:00-3:30 p.m. (CAST CALL 12:00 p.m.) & Evening Performance 7:00 p.m. – 8:30 p.m. (CAST CALL 5:30 p.m.)

- Staging/Tech Rehearsals – Pieces by Schedule – dancers will only need to be present for their individual piece(s), and a more specific schedule of tech times will be announced as we get closer to the show. Dates/times for tech will be scheduled for April 9-13 and April 16-19: 3:30-7:30 p.m.
- Dress Rehearsals – April 20: 3:30-6:30 p.m., April 23: 2:30-5:30 p.m. (snow make up day / collaboration day schedule), April 24: 3:30-6:00 p.m. (preview performance for N.U. staff and sponsors)
- Assembly Performance Wednesday, April 25: 10:00 a.m. to 12:00 p.m. (CAST CALL 8:00 a.m.) (schools visit)

# NEVADA UNION HIGH SCHOOL

*Culture of Collaboration – Communication - Accountability*



August 16, 2017

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 Beginning 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.

STUDENT NAME: \_\_\_\_\_ PERIOD: \_\_\_\_\_

I have read and understood the responsibilities, expectations, and grading policy for Beginning Dance at Nevada Union High School.

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT EMAIL ADDRESS: \_\_\_\_\_

(Please print clearly) \*This is very important as I send reminder and update emails.

CELL PHONE #: \_\_\_\_\_ and/or HOME PHONE #: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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 25<sup>th</sup> for 10 points.*