

## VMHS Dance

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7<sup>th</sup> Period dance class, Fall 2012 Recital



3rd Period dance class, Fall 2012 Recital

## VMHS Dance

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Brownsville, TX 78520  
Phone: 956.574.5600**



**VMHS Dance Department  
Director: Ms. C. Jefferson**

**Phone: 956.574.5665**

## Dance Class Course Overview



6<sup>th</sup> period dance class, Fall 2012 Recital.

### Overview

Dance I-IV, is designed to promote and enhance student awareness and appreciation of dance as a performing art. Students will develop a personal, physical, kinesthetic, social, and historical understanding about dance. Students will use intellect, artistic expression, and technique in order to produce and reproduce various styles of dance. The course will include dance performance in ballet, lyrical/modern, jazz, hip-hop, tap and ballroom. In addition to dance performance students will be expected to attain knowledge of dance terminology, composition, and choreography. All students enrolled in this course will be expected to participate/ perform in the Fall and Spring formal dance concerts.

### Classes Offered

- 1 Multilevel Dance Team Class (1<sup>st</sup> period only)
- 2 Dance 3-4 Classes
- 2 Dance 1-2 Classes
- 1 Multilevel dance class
- 1 Specialty Ballroom Class

### Course Outline

#### Technique- Ballet, Modern/Lyrical, Jazz, Hip Hop, Tap & Ballroom

##### Understanding basic ballet terminology

*Includes the basic positions of the arms, feet, and body and directions of the body and proper body alignment for various techniques*



9<sup>th</sup> Period dance class, Fall 2012 Recital

Apply knowledge of stationary warm-up techniques in modern, lyrical & hip hop dance.

*Includes types of stationary warm-up techniques and their purposes, and proper body alignment and weight distribution for various techniques*  
Apply knowledge of tap dance

*Include basic tap dance terminology, kinds of tap dance, and proper body alignment and weight distribution for various skills*

#### Body Conditioning

Apply knowledge of Pilates body conditioning & Bartenieff Fundamentals, Yoga and other stretching exercises.

*Includes proper technique and body alignment to prevent injury, reduce injury, and properly stretch and elongate muscles.*

#### Composition & choreography

Utilization of choreographic tools

Understanding the use of space, shape, time and energy (dynamics) as a design element in dance

Understand the element of rhythm, meter, tempo & dynamics within the movement and musical accompaniment.