

**Veterans Memorial High School
Department of Fine Arts: Dance
Fall 2013/Spring 2014**

Course: Dance I/II/III/IV, Beg Drill, Performance Dance, & Ballroom
Instructor: Ms. C. Jefferson
Planning/conference period: 12:00 – 12:45pm
E-mail: cjefferson@bisd.us
Office Phone: (956) 574-5665

Dance Supply List / Dress Policy

All students will need the following items for this course:

- 1** **blue/ black ink pens, & #2 pencils**
- 1** **notebook paper & pocket folder with prongs**
- black** **pairs of fitted tights/ dance pants**
- black** **leotards/ dance tops/ athletic top or fitted t-shirts**
- any color** **sports bra/ athletic bra**
- black jazz shoes/ballet shoes**
- Deodorant and towel need for hygiene purposes**

Dance attire may be purchased at Target, Wal-Mart, Academy or any local dance store or clothing store.

Course Overview

Dance 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 & Spring formal dance concerts.

Course Goals & Objectives

- To introduce or reinforce the principals and proper technique of various dance forms by applying kinesiological concepts to movement efficiency and safety.
- To improve skill level and competence in movement and development of students dance/choreographic style by providing movement experiences that explore use of gravity, spatial awareness, rhythm, and energy while introducing compositional elements of choreography and movement analysis
- To develop and improve students strength and flexibility with daily body conditioning. (Yoga, Pilates, Ballet Barre work, etc.)
- To provide a variety of movement combinations and styles eventually focusing on performance skill in class and live stage performances and student choreographic debuts.

Dance Studio Guidelines and Expectations

Be respectful to Ms. Jefferson, all faculty and staff, and classmates at all times.

Be on time and dressed out in the appropriate attire (NO JEWELRY).

Be positive about your learning experience and encourage other classmates when they are struggling.

Keep all food, candy, gum, and uncapped drinks out of the dance studio!

Keep your hands, feet, and objects to yourself

Follow all policies and procedures

Be ready to participate in class everyday:

Remove your street shoes before entering class!

Place all personal belongings in the dressing room change into dance attire and begin independent stretching.

5 min for dress out!

If you have an assignment due please turn it in upon entrance in your designated drawer.

Please leave the dance room and dressing rooms free of trash and debris

**** Reminder you would not want to dress in an unclean room****

Students are not to enter the dance office without permission

Students are not allowed to adjust the sound system

Any student unable to physically perform in class due to illness or injury must provide a written note from home and or nurse. You must complete the written notes for class in addition to completing a one page written report on any dance article from Dance Magazine or teacher provided article or website.

All injuries must be supported with doctor's written notification and release form

Choosing to follow the rules & procedures will result in:

- Verbal acknowledgement
- A stress free learning environment
- A pleasant and secure atmosphere

Not choosing to follow the rules & procedures will result in:

1st Warning and documentation

2nd 15 minutes after school or lunch detention

3rd Action form, Parental Contact, and 30 minutes after school or lunch detention

4th Disciplinary Referral

Please **Choose** to make this a great year!

Attendance Policy:

All students who are absent must bring an admit card/ note from parent. If you are absent you must complete any late assignments due to absence along with a 1 page written summary make-up assignment about a current event relating to dance. You may choose a current event from the newspaper or website article from a suggested dance website. The assignment must be submitted no later than the week in which the absence occurs. Students must be present throughout the entire class period in order to receive participation credit for the day. Perfect attendance will be rewarded at the end of the semester.

Students must adhere to the school-wide attendance policy. **SEE THE STUDENT CODE OF CONDUCT/HANDBOOK.**

Course Outline:

- I. Technique- Ballet, Modern/Lyrical, Jazz, Hip Hop, Tap & Ballroom
 - a. Understanding basic ballet terminology
 - i. Includes the basic positions of the arms, feet, and body and directions of the body
 - b. Apply knowledge of techniques for barre work
 - i. Includes types of barre technique and proper body alignment for various techniques
 - c. Apply knowledge of techniques for the center floor in ballet
 - i. Includes types of center-floor combinations, and proper body alignment and weight distributions for various techniques
 - d. Apply knowledge of stationary warm-up techniques in modern, lyrical & hip hop dance.
 - i. Includes types of stationary warm-up techniques and their purposes, and proper body alignment and weight distribution for various techniques
 - e. Apply knowledge of center-floor combinations in modern, lyrical & hip hop dance
 - i. Includes types of center-floor techniques, and proper body alignment and weight distribution for various skills
 - f. Apply knowledge of locomotor movement in modern, lyrical & hip hop dance
 - i. Includes types of locomotor movements, special pathways and floor patterns appropriate for various movements, and proper body alignment and weight distribution for various combinations.
 - g. Apply knowledge of techniques in jazz & ballroom dance
 - i. Includes types of center warm-up techniques, types of combinations, and proper body alignment and weight distribution for various skills.
 - h. Apply knowledge of tap dance
 - i. Include basic tap dance terminology, kinds of tap dance, and proper body alignment and weight distribution for various skills
- II. Body Conditioning
 - a. Apply knowledge of Pilates body conditioning & Bartenieff Fundamentals
 - i. Includes types of exercises and proper technique and body alignment
 - b. Apply knowledge of Yoga and other stretching exercises
 - i. Includes proper technique and body alignment to prevent injury, reduce injury, and properly stretch and elongate muscles.
- III. Composition & choreography
 - a. Utilization of choreographic tools
 - i. Understanding the use of space, shape, time and energy (dynamics) as a design element in dance
 - ii. Understand the element of rhythm, meter, tempo & dynamics within the movement and musical accompaniment

Grading Policy:

Performance Based: (Written including Homework/ Notebook)	33%	20 points per day participation (-5 points) failure to make corrections (-15 points) talking during instruction
Tests & Projects (Both written and movement)	67%	(-10 points) poor performance in class (-20 points) failure to wear dance attire (-10 points) per day homework is late

***Students will have a movement and/or written test every 2-3 weeks.
Majority of students' daily grade is based on daily participation and dress out
(Some written work given)***

A Word from Ms. Jefferson

As a dance teacher, I will devote my energy and knowledge of teaching many forms of dance, to develop each student's potential, and develop each student to become a successful person.

- *Dance is an art form and dance students will exercise proper etiquette and manners at all times*
- *Dancing involves the whole person's mind, body and spirit.*
- *Each dance student possesses talent. The teacher will correct and guide each student individually.*

(From time to time the teacher may touch the dancer to better shape the image or make corrections in improper technical form. Discuss this aspect with parents and report to the teacher if there is discomfort with this traditional practice at any time.

I look forward to working with you this school year. Remember to make the most of your learning experiences and learning opportunities in class as well as out of class.

"You are the Author of Your Own Life Story", therefore, you are in control of each page that you read and write. Once you complete my class you will have completed another chapter in your book. Make your life story a positive one and we can enjoy the learning experience together.

Veterans Memorial High School
Dance

I _____ on this day _____ understand that I am responsible for my learning experience in dance class for the 2013-2014 school year. I understand that my responsibilities include dressing out daily, and participating 100% each day. I understand that if I do not dress out, participate, perform in class each day, or perform for the formal concert; my overall grade will be lowered as a result of my actions. I agree that I have read and understand the context of the grading policy for this course as stated in the syllabus.

I _____ agree to abide by the dance class guidelines and expectations for the course as stated in the syllabus.

I _____ understand that this is a binding contract between myself and the Veterans Memorial High School Dance Department. This contract may be updated and used for future reference. I understand that by not upholding my responsibilities as a dancer and student of the class, I am subject to any consequences that may occur within reason.

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I have read and fully understand all information pertaining to this course syllabus provided.

Parent Signature _____ Date _____

Student Signature _____ Date _____

Parents: Keep for your records

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Return to Teacher