

# DANCE I: FINE ARTS DANCE

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*To dance is to be out of yourself, larger, more powerful, more beautiful. This is power; it is glory on earth, and it is yours for the taking.*

**Agnes de Mille**

## Purpose

- Gain significant knowledge of dance elements, principles, and concepts
- Develop and apply an understanding of basic principles of choreography
- Apply knowledge, skills, and techniques of dance in formal dance presentations
- Build personal criteria for the evaluation of non-professional and professional dance performance and study
- Effectively communicate ideas, thoughts, and feelings through dance

Over the Course of the dance program, students will:

- Develop meaningful concepts of self, human relationships, and physical environments
- Build critical thinking skills by examining the reasons for dancers' actions, by analyzing individual responses to lessons and performances, and by interpreting the intent of choreographers
- Strengthen and refine creative thinking skills by creating original interpretations of dances, based on response to others' work
- Learn to contextualize dance in culture and history by exploring how a dance relates to the time and place of its origins
- Learn the communication methods of different media by carefully examining live and recorded dance performances.

## Expectations

- 1) Mutual Respect- We are all responsible for a positive and safe learning environment. You must use appropriate language at all times. Be supportive of your fellow classmates.
- 2) Willingness to learn- Come to class dressed appropriately and ready to participate.
- 3) Commitment to attend each class
- 4) Preparation- The assigned materials must be brought to every class.
- 5) Punctuality- Late is not an option.
- 6) Be a positive and enthusiastic peer at all times
- 7) Listen when the leader is speaking.
- 8) Follow directions the first time they are given.
- 9) Personal Accountability- It is YOUR responsibility to hold yourself accountable of all class policies including but not limited to: proper dance attire, behavior, attitude, participation, attendance, and conduct.

## Class Conduct

- 1) No food or drink is allowed in the dance building (only water bottles that can be closed will be allowed). Fast food cups will NOT be permitted in the studio and must be thrown away prior to entering the studio.
- 2) All trash is to be placed in a proper trash can. We all need to do our part to keep our facilities clean. If you see a piece of trash, pick it up!
- 3) Students are expected to be in their roll call lines prior to the assigned time and are to remain in the dance building until the teacher releases them. Please take care of personal needs in the dance locker room or men's restroom PRIOR to the start of class. Students will not be permitted to enter the restroom during class except for emergencies. Do not leave the dance building at anytime without permission
- 4) All cell phones, MP3 players, and any other disruptive devices are not permitted during instructional times. MP3 players are NOT permitted during stretching unless instructed to by the teacher. Cell phones are NOT to be on your body or in your pocket during instructional time. **This is a physical activity and the cell phones limit your movement and are a distraction to your learning.**
- 5) Please follow the school dress code. Avoid short skirts, short shorts, jeans with holes, tank tops, halter tops, and low cut tops/bottoms. Please represent a positive self image.

### Dance Attire

- Reagan or Black T-shirt of your choice
- Black jazz pants, leggings, warm up pants, or sweatpants
- Tennis Shoes, Jazz shoes, or bare feet (depends on daily assignment), NO socks

-Hair must be **secured** off your face. Please bring appropriate hair accessories each day.

-Absolutely NO jewelry and NO gum! (Watches will be permitted)

-Proper undergarments are to be worn each day.

\*Violation of the above will result in points off your participation grade and possible removal from the day's activity.

### Grading Policy

Skills Tests/Written Tests/Major Projects	40%
Written Assignments	10%
Participation/Performance	50%

\*It is part of your daily grade to participate. If you have a parent note/doctor's note for illness/injury, you must complete a written assignment. Failure to complete the written assignment by the end of class will result in points off your grade.

\*Failure to dress out will result in a loss of 10 points each day from your weekly evaluation. You will have an opportunity to earn 100 points each week (20 points for each day).

\*Failure to participate in class will result in a loss of 10 points each day from your weekly evaluation.

**Skills Test:** After a routine or skill is taught, you will perform in groups according to your roll call. Students will be judged on memory, technique, precision, showmanship, and overall performance.

**Written Assignment:** Throughout the year students will be given written assignments over the material covered in class. Assignments can be fill in the blank, true/false, multiple choice (scantron), or essay.

**Participation/Performance:** Students will be graded on their ability to dress out in the proper attire (head to toe), their overall participation in class, and overall performance of culminating routines. Execution of the warm-up, willingness to learn, and overall performance will be taken into consideration.

### Class Schedule

Roll Call 2:35 am/Dress In 3:15

Students will have 5 minutes to dress out after the bell rings and to be in roll call. All female students are permitted to dress out in the dance studio locker room Members are not permitted to dress out in any campus restrooms or in the dance studio. Any student not in roll call on time will be considered tardy and subject to consequences outlined in the school policy.

### Personal Items

You will be issued a lock and locker. Please secure all valuables in your locker. All solid colored bags must be placed in your locker prior to moving to 1<sup>st</sup> period each day. Phones are not to be left out or plugged in at any time in the studio or restrooms. If you bring valuables to the studio, you assume the risk of loss or theft. Personal items are NOT to be left in the restroom at any time.

### General Agenda

- Dress Out
- Secure all personal belongings in your locker with lock closed
- Stretch/warm-up
- Conditioning
- Skills across the floor
- Run routines
- Dress In

## Dance 1: Class Content

- Definition of dance- Why we dance?
- Movement- Locomotor, axial,
- Dance History Introduction
- Bones/Muscles/Alignment/Types of joints
- Flexibility
  - Injury prevention, protection of bones, efficient use of muscles
  - Extension, Hyperextension
- Elements of warm up
- Ballet
  - History
  - Elements
  - Basic foot and arm positions
  - Vocabulary: Demi/Gran-Plie, Releve, Tendu, Degage, Passe, Battement, arabesque, Rond de jombe, Jete, Spotting, Pirouette, Developpe, Parallel, Turn out, sauté, soutenu
  - Student Project: Ballet Combination**
- Modern
  - History
  - Elements
  - Contraction/Release, Swing, Fall/Recovery, Sustain, Suspend, Isolation, Flex, collapse
  - Student Project:** Modern dance performance
- Semester Assessments
  - Analyze a routine/performance-Identify style of dance and describe the elements that are present in the piece that represent that particular style.
  - Choreography Assignment
  - Compare and Contrast a ballet and modern piece
- Music-tempo, rhythm, syncopation, percussive
  - Student Project:** Music editing \*based on technology availability
- Jazz
  - History
  - Elements
  - Jazz Walk, grapevine, pivot turn, Split Leap, 3 step turn, Chaine, Chasse, Pas de bouree, Kicks, Ball Change, Dig
  - Student Project:** Jazz Performance
  - Student Project:** Choreography assignment
- Social Dance
  - History
  - Elements
  - Student Project:** Social Dance Research & presentation to class
- Semester Assessments
  - Choreography Assignment- Must include outlined set of skills and choreography elements taught throughout the year.

As a Reagan Dance Student, I accept the responsibility of earning the highest grade possible.

I understand and acknowledge the following:

- I must dress out for class every day in the appropriate attire. If not, my dress out grade will be reduced by 10 points for each day, and my participation may also be affected.
- I have the right to participate in all dance classes as long as I follow dress requirements and proper class procedures.
- I must complete all assignments on time and actively participate in classroom discussion.
- I understand that this is a physical activity and will be expected to participate fully.
- I understand that dance is a performance art and I will be expected to perform for my fellow students.
- I will not bring food or drink into the dance studio and will respect the facility.
- I must be in roll call at the assigned time or be counted tardy.
- I am responsible for the security of my belongings and I will not leave out personal items.
- I must communicate any illness or injury to my teacher and provide appropriate medical documentation if participation is affected.
- I understand that cell phones and/or MP3 devices are not permitted on the dance floor during instructional time unless directed by a teacher for classroom purposes.
- I must use appropriate language and profanity is not acceptable for the learning environment.
- I must respect my dance teachers and fellow students at all times.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Consequences:

- Grade Reduction
- Student/Teacher Conference
- Referral to Assistant Principal

