

Plainfield High School
Course Outline
Dance 1 and 2
Mrs. Bridget Taylor
Student Teacher: Ms. Zavod
btaylor@psd202.org
2017

Course Description/Objectives: The purpose of dance education is to take an active role in trying to meet the national dance standards. Our main objectives are:

- To broaden awareness and appreciation of various types of dance
- Experiment with dance as an art form and as an athletic
- And to provide students with the knowledge and motivation to pursue various dance opportunities in their adult lives.

Illinois Learning Standards Addressed in Course:

- Identify and demonstrate movement elements and skills in performing dance
- Understand choreographic principles, processes, and structures
- Understand dance as a way to create and communicate meaning.
- Apply and demonstrate critical and creative thinking skills in dance.
- Demonstrate and understand dance in various cultures and historical periods.
- Make connections between dance and healthful living.
- Make connections between dance and other disciplines.

Required Materials:

- Fitness for Life t-shirt, athletic shorts/pants/yogas, athletic shoes, P.E. Lock
- Jazz shoes (or ballet shoes); shoes can be purchased through a variety of stores or you can borrow shoes that must be returned at end of semester. Discountdance.com (Online) or bda.dance.com (local stores you can try on shoes) Enter discount code: _____ for 10% off for discountdance.com

Units of Study:

- History and elements of dance
- Appreciation of dance and dance culture
- Jazz,
- Lyrical/ballet
- Hip-hop and tap
- Social and/or cultural dance
- Introduction to Choreography

Tips for Succeeding in this Course:

All levels are welcome from no dance experience to 10 years or studio training. Expect that while this course does explore hip-hop, that is only one aspect. Have an open mind to studying numerous styles of dance, and be willing to participate daily. This course delves into the art as well as athletic aspect of dance, so be prepared to analyze dance performances. In addition, numerous assignments will utilize cooperative grouping, so students MUST be able to work well with others. Good attendance, a positive attitude, and a willingness to try will help in succeeding.

Routines and Procedures:

Tuesday/Thursdays

Two days a week are designated days for fitness. Students are responsible for filling out their fitness cards each day to record activities they participate in as well as monitor progress. The focus on these days is health related fitness components including flexibility, cardiovascular endurance, muscular strength and endurance, and body composition.

Monday/Wednesday/Fridays,

These days are designated for skill development, and in this instance, dance. Skills that are developed through this course include grace, balance, correct posture, rhythm, power, coordination, and agility. Students also learn correct dance vocabulary for numerous steps.

On these days, students go into the Dance Studio once the whistle is blown. Students immediately begin stretching in their assigned spots while attendance is taken. If anything is written on the white board they should read that also. The instructor will then lead formal warm-ups for that particular style of dance. Then center, and across the floor combinations are practiced, and finally a center combination is worked on.

Make sure you have access to web-sites All dances video-recorded will be posted here so that you can practice all your dances at home as well as show others what you do 😊

Grading/Discipline:

20% participation (dressing, walking warm-up, effort, positive attitude, cooperation)

60% Assessment (cognitive, performance/skill, quizzes, heart rate monitors, fitness card)

20% semester exam (10% written exam/ 10% physical assessment)

You can check your grade at any time online. I will be happy to discuss your grade with you after class and assist you in creating a plan for success if needed. Grades are updated weekly. Discipline will be dealt with on an individual basis. As each student is unique each situation will be handled uniquely. Depending on the discipline issue, a variety of consequences may be given including student-teacher before/after school conference, warning, referral, alternative assignment, change in seating assignment, meeting with dean, counselor, and/or parent, volunteer work, removal from class, or another option that is fair and reasonable.

Homework/Project Policy:

Almost all classwork will take place during class time (if student uses time efficiently). Therefore on the rare occasions homework is assigned, it is expected to be turned in by its due date, either in person or by email. Partial credit may be given to late work under special circumstances.

PE activity make up points (for excused absences only)

Make up within two days from the excused absence unless otherwise arranged with the teacher for full credit. This may require staying after school or coming before school to make up a project.

Policy for not dressing for PE:

1st time= warning

2nd time= One hour detention is issued and parent contact will be made. Detentions will be on Thursdays from 2:20-3:20 in room 204. A pattern of not dressing for class will result in a referral.

Refer to the Departmental Policies sheet for additional expectations