

## DANCE FOUNDATIONS 10-12

### Introduction

Dance courses at LVR are designed for students who enjoy the creative process, want to improve their dance skills and maintain a high level of physical fitness. All students are enrolled in mixed grade classes and, whenever possible, grouped with students with a similar level of dance experience. All classes build upon movement fundamentals: alignment, breathing, strength and balance, while introducing increasing complex dance technique and choreography. Students will choreograph and perform for public presentations. Full participation is required in each class to ensure success.

### Big Ideas

1. Dance offers unique ways of exploring identity, history, culture, community, and value systems.
2. The skills and processes of dance education are transferable to career and personal contexts.
3. Technical and creative proficiency in dance requires perseverance, resilience and risk taking.
4. Dance literacy is fully realized through a holistic relationship between body and mind.
5. Purposeful artistic choices by the dancer and choreographer enhance movement, meaning and intent.

### Material and Dance Attire

1. A duotang/folder, pen and paper to be left in the studio.
2. Bodysuits, tights, dance shoes and dance pants are highly recommended.
3. Dance clothing should neither restrict movement nor prevent the teacher from seeing a student's alignment. It must comply with the school dress code.
4. Long hair must be pulled up.
5. Any jewelry that hangs from the body or has sharp edges must be removed.
6. A water bottle.

### Costumes and Course Fees

There is a thirty-dollar costume rental fee for this course. Whenever possible we re-use existing costumes to cut costs. In the past students have fundraised to help offset costume costs. Please pay your fees as soon as possible. All checks are submitted to Lorie Buss in the main office.

### Class Schedule

We will be following a set class schedule. Ballet classes will be Mondays, Modern/Contemporary Dance on Tuesdays, while the long blocks on Wednesdays and Thursdays will be reserved for theory and choreography. Finally, Fridays will be a combination of Street Jazz/Hip Hop. Please dress appropriately for each class.

### Evaluation

Technique, participation, composition and knowledge are the skills which will be actively evaluated throughout this course. You will be asked to actively participate in the evaluation process through self, peer and group evaluation. This will allow you to become actively involved in and responsible for your progress in dance.

Approximate weighting:

- Technique 25%
- Participation 25%
- Performance 25%
- Choreography 15%
- Theory Assignments 10%

### **Homework and Assignments**

Assignments are comprised of short choreography sequences, journal entries and theory assignments. Time is provided in class to complete the majority of each assignment. Unless otherwise specified, homework is due the class after it is assigned and will be collected and marked. Choreography projects and assignments are due at the ***BEGINNING*** of the block on the due date.

### **Attendance, Illness and Injury**

If you are away it is your responsibility to find out what you missed. Because most of the learning for this course occurs during class time regular attendance is crucial. You must see the teacher to reschedule due dates for assignments and/or performances to avoid losing marks. Students may complete make-up assignments for initial excused absences. The ability to make-up work for excessive absences will be determined by individual circumstances in consultation with LVR administration.

Students who are ill, but are well enough to attend school, are capable of participating in class at the best of their abilities for that given day. Modifications to daily activities will be made to ensure the student's safety and well-being. Likewise, an injured student is still expected to participate in activities that are deemed safe and do not put the given injury at further risk. Injured students are expected to modify activities and complete rehabilitative exercises during the class time when they would not be able to participate in regular class routines.

### **Communication**

As you already know, being able to access information is key to staying caught up, doing well and avoiding miscommunications. To this end the Dance Department has started a web page. Find us online at <http://www.lvrdance.com>. There you will find extra copies of course outlines, assignments, order forms, rehearsal schedules as well as other information. We are also on [Facebook](#). Search for "**LVR Dance**". Any parent or student needing to contact me throughout the semester is welcome to do so via phone 250-352-5538 or via email [jmacmillan@sd8.bc.ca](mailto:jmacmillan@sd8.bc.ca). Please keep in mind that I will respond as soon as possible during regular business hours.

### **Expectations**

1. No food, gum or outdoor shoes are permitted in the studio. Water bottles are welcome.
2. Arrive on time, with the necessary supplies and in the appropriate attire.
3. Respect others and the space. This means listening when a fellow classmate or the teacher is speaking. Remember, respect cannot exist when put downs do. It also means that if you move something in the room, you put it back where it belongs before you leave.
4. Do your best ☺!!

### **Fire Drills**

Exit the building quickly and quietly. Always stay together with your class.

If you follow the suggestions about we will all enjoy and learn from our time together. Welcome!

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Parent's Signature

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Student's Name (please print)

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Parent's Email

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Student's Email