

Subsidiary Course Agreement / Semester Syllabus

Course: Dance / F.A. 1, 2 Number: 1481 / 1482

Subject Teacher: Linda Patterson e-mail: lpatterson@sandi.net

Student: _____ Grades: 9-12

Description of Course

A two semester course focused on developing technical dance strength through the basic skills of ballet, supplemented with experience in contemporary ballet, variations, modern dance and selective folk dance. Students will train with an emphasis on correct anatomical alignment, posture, turn-out, placement, central line of balance, transferring of weight, execution of demi and grand pli , pirouette preparation, port de bras, musicality and coordination.

The goal of this class is to have a clean and efficient approach to dance with an understanding of style, technical detail and personal expression. Assignments including dance training, introduction to anatomy and dancer health, dance history, choreography and performance.

Directions:

Submit a work packet each month addressing the detailed objectives listed below. Monthly work is composed of 1) dance training, and 2) dance related lessons or activities.

Each week, dance training should consist of a minimum of five hours of dance training*, may include:

- **Floor Work / Foot Progressions / Pre-class Warm up**
Facilitate proper alignment and placement, musicality, coordination and core strength.
- **Barre**
Maximum turnout and correct posture should be maintained throughout barre work. Special attention should be paid to avoid rolling the in the arches, twisting the ankles, or gripping of the toes.
- **Center**
Barre exercises continue into the center, to incorporate tendu, degage, ronde de jambe and adagio. Additional skills are included based on the student's level and progression/skill development.
- **Ballet Repertory, Performance studies, or other form of dance class**
Classes introduce or build on existing skills of selected dance styles and techniques

* **Reflection of training activities to be submitted monthly.**

SEMESTER 1 Activities in addition to training:

Month 1: Attend a dance performance and write a short review.

Month 2: Read about a famous dancer or choreographer. Write a short biography.

Month 3: Learn or create choreography for a performance.

Month 4: Prepare for upcoming performance or teach two dance classes to Mt. Everest students.

Semester Project – Perform a dance piece for a live audience (submit program or video of performance) or teach two one-half hour dance classes to grade 5 or 6 Mt. Everest students.

Month 5: Attend a dance performance and write a short review.

SEMESTER 2 Activities in addition to training:

Month 6: Read about a famous dancer or choreographer. Write a short biography.

Month 7: Attend a performance or watch a video documentary of a famous ballet, dance repertory or choreographer's life.

Month 8: Learn or create choreography for a performance.

Month 9: Prepare for upcoming performance or teach two dance classes to Mt. Everest students.

Semester Project – Perform a dance piece for a live audience- may include Mt. Everest Academy Talent show.

(submit program or video of performance) **or teach two one-half hour dance classes to grade 5 or 6 Mt. Everest students.**

Month 10: Attend a dance performance and write a short review.

Resources:

Text(s): *Dance Anatomy (Sports Anatomy)*, Jacqui Haas
 The Anatomy Coloring Book, Wynn Kapit, Lawrence M. Elson

Due Dates:

See page two of Master Agreement or newsletter.

Evaluation criteria and methods:

Attendance credit for each month and all assignments will be based on submission of monthly work by due dates listed on assignment agreement. No work will be accepted after due date without prior approval. Academic grades will be based on the quality and quantity of work submitted on time according to directions and expectations above. In keeping with San Diego City Schools procedure #4705 the following grades will be used:

- "A" grade = Consistently superior work quality.
- "B" grade = Above average work quality.
- "C" grade = Satisfactory or average work quality.
- "D" grade = Below average quality or quantity of work.
- "F" grade = Failure, credit not granted.
- "I" grade = Incomplete course work. Six weeks allowed for makeup.
- "NC" = No credit.

Supervising Teacher: _____ Date: _____

Subject Teacher: _____ Date: _____

Schoolwide Learner Outcomes

- Communicate effectively through reading, writing, listening and speaking.
- Show evidence of flexible, critical thinking and solve problems independently and critically.
- Demonstrate the confidence, resilience, and self-esteem to succeed in life.
- Use resources, including technology, to locate needed information.
- Express a sense of global citizenship and personal integrity.