

COURSE TITLE: Beginning PE Dance

Level of Difficulty	Estimated Homework	Prerequisites:
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Moderate

0-30 Minutes

District:

9-12 Introductory Dance

Department Suggestion:

Course Description:

This class will introduce the student to a variety of dance styles. As the semester progresses, we will study fundamental techniques of contemporary, hip-hop, jazz, musical theatre, tap and more. Students will develop skills in dance technique, choreography, group work, and performance; while increasing their flexibility, strength, and stamina in physical fitness. Students will also gain knowledge of dance history and philosophies through written work.

This course is designed for individuals interested in exploring dance for the first time or who have had a few years of training.

Grading:

Class Work: 50%

Assignments: 20%

Exams: 15%

Midterm/Final: 15%

Syllabus:

Newbury Park High School

Beginning PE Dance Class

Instructor: Mrs. Cameo L. Carolan

CONTACT INFORMATION: ccarolan@conejousd.org

Visit my website: [Links to an external site.](#)

<https://sites.google.com/a/learn.conejousd.net/mrs-cameo-carolan/home>

COURSE DESCRIPTION:

This class will introduce the student to a variety of dance styles. As the semester progresses, we will study fundamental techniques of jazz, tap, contemporary, hip-hop, musical theater, and more. Students will develop skills in dance technique, choreography, group work, and performance; while increasing their flexibility, strength, and stamina in physical fitness. Students will also gain knowledge of dance history and philosophies through written work.

OBJECTIVES OF THE COURSE:

- To condition the body for dance by developing strength, flexibility, coordination, and body awareness.
- To develop movement vocabulary for each dance style.
- To provide the student with the opportunity to develop through dance as a unified whole; emotionally, intellectually, and physically.
- To glimpse through the philosophical and historical development of dance.

GRADING:

Each student can earn up to 5 class activity points each day they attend class dressed appropriately, with their hair back, not chewing gum, and wearing the appropriate

clothing for their style of dance (including shoes). The school's grading scale of A's- F's will be used. No extra credit is issued for this course.

CLASS REQUIREMENTS:

- **Class Activities:** Students can earn up to 5 points each day they participate in activities.
- **Attending class on time:** *NPHS has a Monday-Wednesday school schedule and early- release days on Thursday and Friday. You can find this schedule on our class canvas and on my teacher's website. Please be inside the GAR when the bell rings and in roll call order. After attendance and announcements are made dancers will have between 5-8 minutes to change in the locker room and return to class for warm-up.*
- **Units:** Students will complete units throughout the semester which will focus on a variety of dance styles. Each unit will last approximately 2-10 days (about 1 and a half weeks). Students will have access to the unit activities at the start of each unit.
- **Discussions:** In each unit students will participate in discussion activities through canvas.
- **Reflections:** In some units students will participate in writing notes or reflections on video links.
- **Quizzes:** In each unit students will participate in taking quizzes. Some quizzes are based off of the material learned online through lecture notes, presentations, discussions, and other online material. Other quizzes will be based on the physical movement we will learn in our class.
- **Dressing out:** In order to be successful, it's expected that students wear appropriate athletic clothing to take class. On my teacher website there are some examples of what students can wear.

I suggest the following item(s):

Fitted pants or shorts of your choice

Tank top or t-shirt (no logos or writing)

Shoes for Hip-Hop, socks, or jazz shoes if you have them

- **Midterm:** Our class will have the opportunity to share their passion for a famous dancer/choreographer/company. Students will have the choice to present this in written format, orally, through visual aid on the day of our midterm.
- **Final:** The last unit will focus on choreography which leads us into the final assignment. The final will consist of each dancer choreographing a 1 minute long solo, and submitting a costume design, and written reflection of their experience.
- **ESLR's:** Each student will participate in a winter and spring dance concert. This is the culmination of learning, perfecting, then performing routine(s) in front of a live audience. Don't be nervous. By the time we get to these units, dancers feel like a family, have the support from other dancers and family members, and look forward to uniting with the whole NPHS dance department.

(Example of 2023 Concert Dates)

Winter Dance Concert Dates

(Beginning Dance will participate in 1 large dance and a finale for winter concert)

Monday December 4th: Technical Rehearsal (approx: 5:30pm-7:00pm)

Wednesday December 6th: Full Dress Rehearsal (approx: 2:45pm-6:00pm)

Thursday-Saturday December 7-9th: 5:30 pm Call time, 7:00 pm Show

Spring Dance Concert Dates

(Beginning Dance will participate in 2-4 dances in this production)

Monday April 15th: Technical Rehearsal (approx: 5:30pm-9:00pm)

Wednesday April 17th: Full Dress Rehearsal (approx: 2:45pm-6:00pm)

Thursday-Saturday April 18th-20th: 5:30 pm Call time, 7:00 pm Show

UNIT BREAK DOWN:

Unit 1: Introductions, Warm-up, Conditioning, & Technique

Unit 2: History of Jazz & Movement

Unit 3: History of Hip Hop & Movement
Unit 4: What is Contemporary Dance & Movement
Unit 5: Winter Dance Concert Prep & ESLR Part 1
Unit 6: Rockette Holiday Kick-line
Unit 7: History of Tap & Movement
Unit 8: History of Musical Theater & Movement
Unit 9: Technique & Audition Skills
Unit 10: Spring Dance Concert Prep & ESLR Part 2
Unit 11: TBA to adjust for May testing schedule
Unit 12: Choreography, Improv, and Finals Prep

CLASSROOM EXPECTATIONS

Punctuality. Be ready for class. Five minutes early is on time :)

Always be prepared. Attending class with the materials needed.

Never eat during class but have water available.

Time. This is an opportunity to grow, create good habits, and practice responsibility. Don't waste your time in class.

Have all cell phones and other distracting devices away from your learning environment.

Everyone is to be safe. Be aware of your surroundings and pay attention when moving.

Respect each other. This can be a difficult class for some individuals and most of you might be shy.

* Please read the Class Expectations worksheet in unit one for more clarification on how to conduct yourself during class time.

"Never be afraid to try new things, and make some mistakes, it's all part of life and learning"

Supplemental Information:

10 credits in physical education can be earned with a passing grade.

Students will perform in the required winter or spring concerts alongside members from our intermediate, IB (International Baccalaureate) World Dance Studies, and dance team members.