**VSAA Dance Explore Jackie Sacks 2018-19 Class and Office: Room 220**

Contact: [Jackie.Sacks@vansd.org](mailto:Jackie.Sacks@vansd.org) Calendar updates and Makeup Work: VSAA Teacher Webpage

Office Hours = Wednesday 4:05-4:35 pm

By the end of Dance Explore, students will be able to appreciate dance as a disciplined and focused study which develops technical skill through the practice of fundamental standing and loco-motor movement, spatial and temporal variations, and alignment awareness. Students will build physical endurance by practicing a variety of stretching, strengthening and centering exercises. They will explore the use of space, rhythm, and kinetic energy through the acts of artistic collaboration and performance. Students passing Dance Explore may receive Physical Education high school graduation credit.

Semester 2 Assessment

Work Habit \*

(participation, dressing down, physical activity level) 35%

Choreography Projects (group/partner/solo) 10%

Process/Reflection (guest artists, film, vocabulary, state assessment) 10%

Technical Skill\*\* 35%

Performance\*\*\* Second Semester Dates 10%

**May 22 (Wednesday) dress rehearsal from 4:05-6:30 pm**

**May 23 (Thursday) evening performance call time = 5:50 pm, audience at 7pm**

\***Work Habit** includes: daily participation, timely arrival, prepared with proper dance clothing and shoes, willing to learn and take risks, consistent in effort throughout the entire class, stays focused on the assigned task, works to embrace stylistic variation, respects other’s technical and abilities and contributions, communicates with the teacher, completes make up work for excused absences in a timely manner. As per district policy, a doctor’s note is required for injury that impacts a student’s ability to physically participate in dance class.

Students are expected to dress down and actively participate every day. Adaptations due to physical challenges or injury will be made upon conversation with the teacher. Makeup work will be given to absent students. It is the student’s responsibility to get an absence excused in the main office and obtain makeup work from the teacher upon their return to class. Complete makeup within two weeks of an absence. Written assignments and/or composition assignments will be given to injured students. Physical makeup work is expected of noninjured students. Physical participation in two Enrichment sessions will excuse one dance class absence.

\*\* **Technical Skill** = physical demonstration of skill (daily progression, skills tests), understands and strives to use dance concepts (core, placement, alignment, balance), learns terminology, applies feedback to make corrections

\*\*\* **Performance** = engages in the rehearsal process (memorization, skill development), follows artistic direction, sensitive to musicality/rhythm/dynamic expression and phrasing, timely arrival, artistic demonstration of skill is executed on the stage, care is taken with VSAA property (costumes, locker room, props)

Expectations:

All dance students are required to use a dance locker and school provided lock to protect their valuables. No baggy t-shirts, shorts or street pants as it is necessary to see the body to provide quality feedback regarding alignment and technique. If needed, dance clothing is available for purchase at the Leotard (NE Portland), Target, or online (Discount Dance, Dance Wear Solutions, etc…). If you purchase from Discount Dance, please consider using the following teacher code to gift VSAA funds for costume purchase: TP102816

Dance Explore students may learn basic tap skills. Tap shoes will be provided for check out during the class period. They will not be checked out for practice at home. The dance program makes every attempt possible to costume students with our inventory. Costume purchase/rental for performances is not required.

**Dance Explore Clothing:** leotard, fitted tank top or t-shirt, leggings or footless tights, fitted shorts (biker/fitness shorts), fitted fitness pants, bare feet with the exception of socks if desired for tap shoes.

No dangling jewelry is allowed for safety reasons. Please lock jewelry in assigned locker.

Hair should be worn in a style pulled away from the face as to not distract the dancer. This means that long hair should be pulled back in a ponytail or bun. Hats are not allowed.

Gum and food are not allowed in the dance studio. Water in a closed lid water bottle is encouraged.

Try, engage, make connections, and communicate!

**Tear/Cut Here and Return with Signatures**

Dance Explore Period \_\_\_\_\_\_\_

**Parent/Student Signatures**

I have received and read over the Dance Explore Syllabus. I have full understanding of the objectives, expectations, class procedures, assessment, required performance dates, and supplies needed. I understand that the student is responsible for earning their grade, getting absences excused, and obtaining makeup work. This syllabus will be kept on the teacher’s district webpage for future reference.

**Print Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature \_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date \_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Signature \_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check if you are interested in volunteering to support the dance program.

\_\_\_\_\_\_\_\_\_\_\_\_\_ costume (wash, inventory, repair, construction)

\_\_\_\_\_\_\_\_\_\_\_\_\_ assistance during performances (supervision)

\_\_\_\_\_\_\_\_\_\_\_\_\_ teach a specific dance style, yoga or Pilates class