

## **Syllabus – DANCE PROGRAM – Center for the Arts 2018-2019**

**Theresa Niermeyer-Lead Teacher: Level I, II & IV**

**Deedra Harris–Part-Time Teacher: Level III**

**Dr. Stephanie Poxon– CFA Director**

**(804) 228-2718**

### **Educational Objectives**

This program is designed to introduce and develop the technical, artistic, and scholastic dance training of talented high school students at the Center for the Arts in Henrico County. We are seriously addressing the physical dance education of students who are dedicated to the challenge of vigorous professional work: to gain, increase and maintain fitness, flexibility, endurance, control, and strong technical dance ability. Our objective is to give four year students the physical, social, and academic eligibility to enter a Dance Major program at any university and prepare them for other dance fields outside of higher education, with the desire and understanding of what it takes to choose this career.

Besides a strong foundation in ballet, jazz, modern, improvisation, dance composition, and contemporary dance techniques, students will also be exposed to African, East Indian, Middle Eastern, Flamenco, Hip Hop, and Tap dance during the course of the full year. Dancers will also be required to act and understand some principals of Theater. Guest artists will be invited to fulfill some of these curriculum needs.

Another important objective is to promote scholastic curiosity and knowledge, through research and lecture studies. We will cover the pre-history and human culture of world dance, the roots of ballet, tap, jazz, and modern dance, dancer's nutrition, human anatomy, kinesiology, and an artistic exploration and dance philosophies.

Students will also learn the proper organizational techniques for mounting productions as they participate in professional performances throughout the school year. This program is complete, and requires hard work and dedication.

### **Educational Methods**

#### **DANCE WORK**

Weekly Dance techniques – ballet, modern, jazz, Afro- contemporary, improvisation and choreography (occasional tap, hip-hop, African, Latin, and Contact Improvisation)

## **ACADEMIC STUDIES**

- Weekly lecture and readings of dance history, culture, philosophy, nutrition, anatomy and kinesiology.
- Occasional research papers
- Written critiques of local professional performances (every 9 weeks)
- Study of Ballet and Modern History and terminology
- Study of the African Diaspora and Dance in Global Contexts
- Use of the laptop for written work, note taking and research
- Written quizzes, homework, and tests, as well as performance assessments will be used to measure student achievement

## **OUTSIDE STUDIES**

All CFA Dance students are encouraged to take an OUTSIDE DANCE CLASS once a week at a local dance studio. We emphasize the importance of universal dance class decorum, and to improve one's style and technique in a specific area.

## **Evaluation System – GRADING**

\*From the CFA Handbook

“You have been chosen for a Specialty Center. We expect you to excel in your CFA classes. A CFA grade below a B average will initiate a conversation about your commitment and dedication to your achievement in the arts. A grade point average (GPA) is calculated only on classes that students are enrolled in each grading period. The minimum GPA expectation for all students is 2.7. It is imperative that students and parents understand the importance of academic and artistic achievement.”

**40%- Daily Participation (Punctuality, Dress Code, Effort, Technique, Behavior)**

**30% - Tests and Performances**

**20%- Homework and Quizzes**

**10%- Critique Papers**

A two-page review paper of one professional dance concert performance every nine weeks. Each student is required to see one dance concert each grading period and must submit an experiential written review (guidelines to be given) of the show, along with a ticket stub and program. It is the student's responsibility to learn to make reservations and purchase tickets in advance. Performance reviews must be turned in no later than one week before the end of the nine week school sessions, and will not be accepted after due date.

## **DANCE CLASS RULES**

1. Students must be properly dressed and on the dance floor seven minutes after the late bell. Tardiness is penalized two points for each minute late.
2. No one leaves early unless pre-arranged with a note.
3. Lateness requires a pass.
4. 15 minutes late or more requires watching class and an observation essay written in class.
5. There will be two points deducted for each dress code infraction.
6. If you do not wear dance attire, you earn a 0 for the day.
7. Once class begins (unless the assignment requires collaboration), *students may not talk amongst themselves*, thus distracting themselves and others. They may ask questions by raising their hand.
8. Students may not enter the dressing rooms during class time. All water bottles, shoes, knee pads, etc. need to be put on the side at the beginning of class.
9. Students may use the restroom when they need to, however, excessive trips to the restroom or excessive time spent away from class will result in a lower participation grade. If the student is sick or has a medical issue, the teacher be notified prior to class.
10. Students are asked not to make Doctor's appointments during dance classes. This work cannot be made up.
11. All homework and written paper deadlines must be respected or the grade will be lowered 5 points for every day late.
12. Dance students may be in the studio or locker rooms only during their class, and may use lockers before or after school only. Finding students outside of their designated areas, without a pass, will result in a write-up for skipping.
13. Clothing, phones, books, jewelry, and computers must be locked in lockers during class. HCPS is not responsible for any lost or stolen items.
14. Laptops are required for all academic sessions, but are only to be opened at the teacher's request.
15. Plagiarism (on tests and written work) will earn the student a 0 with no recourse. Use your own words at all times.
16. Dancers must participate in ALL SHOW REHEARSALS AND PERFORMANCES. No exceptions or excuses are allowed. We are a team, and the show must go on.
17. ATTENDANCE –  
It is difficult to make up a dance class. Please try to have good attendance. It affects the whole class. Excessive absences can result in being pulled from a piece at the teacher's discretion.

### **IT IS THE STUDENT'S RESPONSIBILITY TO MAKE UP WORK**

Students may be excused from participation in dance class due to illness or injury for up to two days WITH parental notification BEFORE CLASS by phone, letter or email, to the CFA teacher. Should an illness or injury require a student to "sit-out" three or more days, we will need a note from a doctor.

Always bring a note to the attendance office to explain your absence and get an excused absence note to share with your teachers. Without the excused absence note, you will not be allowed to make up work and will receive a 0 for work missed, including quizzes and tests. Tests and quizzes must be made up within three days of returning to school after an excused absence.

If students suddenly become ill, they must go to the nurse and go home. If students are in school, they must dance.

**Refer to CFA Student Handbook for additional information regarding attendance.**

## **DANCE WEAR**

### **BALLET**

Ladies: pink canvas split sole ballet shoes, black leotard, convertible pink or black tights or leggings

Men: black canvas split sole ballet shoes, tight fitting white cotton T shirt, and black cotton men's boot cut pants (no sweat pants)

### **JAZZ & TAP**

Ladies and Men – Neutral colored Pants

A Leotard or tight fitting T shirt with no writing

ALL LEVELS - Split sole black jazz shoes

ALL LEVELS - Knee pads

ALL LEVELS - Flat black tap shoes, preferably with shoelaces (**please do not buy thin based tap shoes**)

### **MODERN**

Bare feet

Fitted shirt (no large prints or graphics)

Neutral colored dance pants, biker shorts or leggings

**\*\* Basic color black or color leotard.**

**\*\*All men must have a dance belt, to be worn during all dance classes**

**\*\*No Jewelry (particularly large earrings, necklaces, and bracelets)**

**\*\* Hair must be pulled back away from the face**

**Dance items can be purchased at: Ellman's 19 S. Belmont Ave. Richmond Va, 23221**

**Or online at: [www.dancedistributors.com](http://www.dancedistributors.com)**

**\*\* Sports bras worn only as a shirt are not considered appropriate dance wear (refer to HCPS Dress Code).**

**When leaving the dance studio are (outside the wooden doors) students may need to adjust dance clothes to make sure they are meeting dress code standards for school.**

**\*The HCPS Code of Conduct States:**

**Students may not wear the following items at any time unless otherwise stated:**

- Hoods, hats, face masks, or head coverings of any kind inside school buildings during regular school hours, unless required for religious or medical reasons.
- The following items on school grounds during regular school hours: bandanas, do-rags, head scarves (with the exception of head garments for religious reasons), hair picks, wave caps, large combs, brushes, and rollers.
- Sunglasses, unless prescribed by a physician.
- Dresses, skirts, shorts, athletic shorts, and other similar clothing must reach the tip of the thumb when hands placed at the sides (arms straight with palms flat). When wearing leggings, tights, or similar apparel as an outer garment, tops must also reach the tip of the thumb.

- Messages on clothing, chains, jewelry, and personal belongings that pertain to drugs, alcohol, tobacco, sex, gangs, vulgarity, or that could cause a substantial disruption to the learning environment.
- Spiked jewelry, chains, and items which could cause student injury.
- Beachwear (which includes bathing suits and trunks) and sleepwear.
- **Clothing that reveals undergarments.**
- Cut-off jeans, cut-off sweat pants, or torn, ripped, or slashed clothing that reveals undergarments or body parts excluded by other parts of this code.
- Bedroom slippers or shoes with wheels, also known as “Heelys.”
- Clothing that reveals the midriff while sitting or standing.
- Clothing that is tight, skimpy, or with plunging necklines.
- **Clothing that is see-through, revealing, or resembles undergarments.**

## **EXTRA SUPPLIES**

Pencils and Pen

A combination lock

Laptop computer

Journal

Folder

Hair Ties

Band Aids and Sport Tape (KT)

I, \_\_\_\_\_, have read all the information about the CFA Dance Syllabus.

\_\_\_\_\_ (Parent Signature)

\_\_\_\_\_ (Date)

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**Please check the CFA websites at:**

**<http://blogs.henrico.k12.va.us/cfa> for more information about CFA Shows and Local Performances and classes in the Richmond area.**

**Please contact me @ 228-2718 CFA office or by e-mail at [tlmiermeyer@henrico.k12.va.us](mailto:tlmiermeyer@henrico.k12.va.us) if you have any questions or concerns.**