

Syllabus – DANCE PROGRAM – Center for the Arts 2020-2021

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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 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 knowledge to prepare them for a Dance Major program at a university or dance fields outside of higher education, with the desire and understanding of what this career field requires. Additionally, if students do not wish to dance professionally, we want to aid them in becoming well-rounded, and conscious global citizens who are able to communicate and collaborate effectively in whatever professional field they may choose.

Besides a foundation in ballet, modern, jazz, improvisation, dance composition, and contemporary dance techniques, students will also be exposed to African dance forms, Yoga, East Indian, House, Hip Hop, and Tap dance during their time here. Dancers will also be required to act and understand some principals of Music and 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 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 techniques for putting on productions as they participate in performances throughout the school year. This program requires hard work and dedication.

Educational Methods

DANCE WORK

Weekly Dance techniques – Ballet, Modern, Jazz, Afro- contemporary, Improvisation and Choreography (occasional Tap, Hip-Hop, West African, Somatic practices 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 ones 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.”

50%- Daily Participation (Punctuality, Dress Code, Effort, Technique, Behavior)

30% - Tests and Performances

10%- 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. Five points will be deducted from the grade for every day late.

DANCE CLASSROOM EXPECTATIONS:

Be Respectful, Responsible, and Resilient!

1. Respect the people, the space and the work being done.

- ▶ Keep your words kind, and help keep the space clean.

2. Respect our time together. Be punctual and prepared.

- ▶ All dancers should be on the dance floor, in appropriate dance attire, no more than seven minutes after the tardy bell rings.

3. Be responsible about your learning. Be present and put forth your best effort.

- ▶ When you are in a dance class you need to be fully engaged and participating in all exercises and activities. Students who are sick or injured will need a doctor's note, or a message from a parent or guardian. No cell phones or computers are to be in the dance studio during class, unless the teacher says otherwise.

4. Be responsible in your communication.

- ▶ Communication is key! Our job is to support your learning and aid you in achieving your goals. Help us do our job by coming to us with any questions, comments, or concerns you might have. However, it is important to remember the distinction between public and private questions.

5. Be responsible for your safety.

- ▶ No one is to leave the dance room at any time without a pass from the teacher in charge. No one is to come in to the dance room outside of your allotted class time without permission from the dance teacher in charge, AND a pass from the teacher whose class you are assigned to during that time.

6. Be Resilient.

***We all make mistakes, and that is OK! We can learn from them! The best thing to do after a mistake is to acknowledge the issue by communicating with your teacher and addressing any questions or concerns with respect and responsibility. Then, we will come back the next day with a clean slate and put our best foot forward.**

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, watches 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

**** 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 handspaced 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.**

OTHER SUPPLIES

Pencils and Pen

Laptop computer

Dance Journal (one subject, not connected to other classes because I will collect them sometimes)

Folder (for handouts)

Hair Ties

Band Aids and Sport Tape (KT)

I am THRILLED to have a GREAT year of dancing with you!

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

_____ (Parent Signature)

_____ (Date)

tniermeyer@henrico.k12.va.us

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 tniermeyer@henrico.k12.va.us if you have any questions or concerns.

And follow “cfa_dance” on Instagram to see updates of what we are working on in class!

