

Syllabus – DANCE PROGRAM – Center for the Arts 2023-2024

Paul Dandridge – Teacher: Level I, II, and IV

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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 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 after four years of training, is for students to acquire the physical, social, and academic eligibility to enter a Dance Major program at a 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.

While at CFA, students will engage in a curriculum establishing a strong foundation in ballet, modern, jazz, contemporary, and improvisational dance. Students will also be exposed to African and the African Diaspora, Latin, Hip-Hop, and Tap dance during the course of the full year. Dancers will also be required to act and understand some principals of Theatre. Guest artists will be invited to fulfill some of these curriculum needs.

Students will also gain knowledge and will be expected to engage in 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, dance pedagogy, and dance composition.

Over the course of the school year, dancers will prepare for performances for a variety of audiences: Showcases at the Center for the Arts, lecture demonstrations in Henrico County Public Schools, and community engagement opportunities at various locations. Through performance opportunities, students will gain valuable experience in showing the skills they learn in the classroom.

Careers in the performance art field are vast and varied and as your students continue their education in the field, we will provide opportunities to work with professional dance teachers, company managers, production technicians, and others to have a well-rounded knowledge of the work that goes into managing a career in dance. This program is complete and will require hard work and dedication.

Educational Methods

Dance Work

Weekly Dance Techniques – ballet, modern, jazz, contemporary, improvisation and choreography. Occasionally tap, hip-hop, African, and Latin.

All Technique classes will begin with warm-ups, progress through exercises and combinations to build strength, stamina, and linking of movement, and end with cool-downs.

Academic Studies

In addition to putting dance and movement into practice, we will study historical and theoretical principles of dance movement to better understand the various techniques we utilize. These studies will include:

- Study of Ballet and Modern Dance History
- Terminology of Ballet and Modern Dance
- Study of Dance in Global Contexts
- Lecture and readings of dance history, culture, and philosophy
- Nutrition, anatomy, and kinesiology as they relate to the rigors of dance
- Written quizzes, homework, and tests
- Assessment of movement knowledge
- Written critiques of local professional performances (1 every 9 weeks)
- Occasional research papers/projects
- Use of the laptop for written work, note taking, and research

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 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.”

35% - Tests, Projects, and Critique Papers

To include written tests, individual and group projects, performances, tech week rehearsals, and response to a performance.

Critique Paper (response to a performance) should be a two-page review of one collegiate level or higher dance concert performance every 9 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 at most 1 week after the performance. It is the student's responsibility to learn to make reservations and purchase tickets in advance. Late submissions will result in lowered grades. A pre-approved list of Richmond-area dance performances will be posted. If other performances are attended (unlisted performances or dance performances outside of the Richmond area), please clear with your teacher that it is an appropriate performance to write your paper on.

30% - Quizzes

To include written quizzes on history, terminology, and responses to short readings. Will also include assessments of combinations and comprehension of terminology and dance positions through verbal instruction rather than demonstrations.

25% - Classwork

To include daily attendance and dance attire, journal entry responses, group activities and collaborations, and participation.

10% - Homework

To include journal entries to be completed outside of school hours, paperwork to be signed, worksheets, and readings.

Attendance Expectations

Daily Dance Class

All students will have 5 minutes at the beginning and end of class to change into their dance clothes. If they take longer than 5 minutes, they will be considered tardy for class. If they take longer at the end of class, passes will not be given out for their next academic class.

Injuries – dance is physical and we need to take care of our bodies. Please notify your teacher immediately of any injuries that are sustained in class or outside of class. Note – having any injury may not necessarily prevent you from dancing, we will make accommodations to keep you safe and still participating when possible.

In the event of minor injury, students may complete an alternate assignment from their teacher **with a note from home**. If no notice is given and a student sits out, they will receive a “0” for the day’s participation. If a student needs to sit out for 3 or more days, a doctor’s note is needed.

Conflicts with CFA classes should be minimized (doctor’s visits, late starts, early dismissals, etc.) as these classes are not ones that can be made up with extra work – a dancer can’t make up a collaborative group project or the experience of taking a dance class – and if rehearsals for Showcase pieces are missed, the dancer may miss out on performance time on stage.

Performances and Rehearsals

Students are expected to be present and on-time for all CFA Dance performances and rehearsals, to include: **CFA Fall Showcase** (10/30-11/4), **CFA Dance Showcase** (2/26-3/2), and **CFA Dance Senior Showcase** (5/13-5/17). These rehearsals and performances will be afterschool. Outside dance studio, sports, or other conflicts will not be excused absences. Tardiness and absenteeism from these rehearsals and shows will greatly affect a student’s grade and potentially participation the showcases.

Dance Class Rules, Policies, and Procedures

1. Restrooms should be used at the beginning and end of class, not during a technique class (differs from School Policy).
2. Students should fill a water bottle at a water bottle station prior to class for hydration. If a water bottle is forgotten, water fountains in the dance room may be used.

3. Lockers are encouraged to keep personal belongs in. Students will have approximately 5 minutes to change at the beginning and end of class. They will be counted as tardy if they take longer and will not be given passes at the end of class. When possible, under dress dance attire.
4. If you do not wear dance attire, you will earn a 0 for the day.
5. 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.
6. Students should use the restroom prior to class or after. In an emergency, students may use the restroom, 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 should be notified prior to class.
7. Students are asked not to make doctor's appointments and other scheduled conflicts during dance classes as this work cannot be made up.
8. Personal clothing, phones, books, jewelry, and computers must be locked in lockers during class. HCPS is not responsible for any lost or stolen items.
9. Phones and other electronic devices should not be used during dance class. If unapproved phone usage happens, it will be a 0 for participation that day.
10. Laptops are required for all academic sessions but are only to be opened at the teacher's request.
11. Plagiarism (on tests, written work, and choreography) will earn the student a 0 with no recourse.
12. Dancers must participate in ALL SHOW REHEARSALS AND PERFORMANCES. No exceptions or excuses are allowed.
13. Attendance in dance class is not something that can be made up. Excessive absences can result in being pulled from a piece at the teacher's discretion.
14. Lotions and Vaseline should be carefully used. Lubricants on the dance floor can cause slips and injuries and damage the flooring. If you wear Vaseline or just put on lotion, please wear tops and bottoms that cover that area.
15. Food is not permitted on the dance floor or locker rooms. You may eat on the wood floor around the studio. Only water may be consumed in the dance room. If you have other drinks, please drink them in the cafeteria.

Class Attire

Ballet:

- Ladies: Flesh/black/white/pink split sole canvas ballet shoes, flesh/black/pink tights/leggings/athletic pants, fitted top.
- Gentlemen: Flesh/black/white/pink split sole canvas ballet shoes, black tights or athletic pants, fitted top.

Modern:

- All: Bare feet, neutral-colored athletic pants, shorts, or leggings, fitted top.

Jazz/Hip-Hop/African:

- All: Jazz shoes/Jazz sneakers/Clean bottomed street shoes/Bare feet (depending on style), neutral-colored athletic pants, shorts, or leggings, fitted top.

General notes:

- Gentlemen must have a dance belt, to be worn during all dance classes.
- Ladies may not wear a sports bra as a top.
- No jewelry may be worn during class (necklaces, rings, hoop or dangling earrings, bracelets).
- Hair should be off the face with braids, headbands, hair ties, etc.
- Dance items can be purchased at: Ellman's at 8524 Patterson Avenue Beverly Hills, Richmond, VA 23229 or online at www.discountdance.com
- When leaving the dance studio, students may need to adjust dance clothes to make sure they are meeting dress code standards for school.

Make-Up/Late Work

Students will have the opportunity to make up class work (such as journal entries, quizzes, tests, etc.) in the event of an excused absence. Students will have the length of time absent plus one day to turn in missing work with no penalty. If the absence is not excused, the student will not be permitted to make up the work.

If an assignment is turned in late, it will receive a 20% penalty (ex. 1 day late, maximum score will be 80%). If an assignment is turned in a week late, it will receive a 30% penalty (ex. 7 days late, maximum score will be 70%). After 2 weeks, a student may submit the assignment for a maximum grade of 55%. Not submitting an assignment will result in a 0%.

Supply List

- Ballet shoes (flesh-toned, black, white, or pink) – split-soled, canvas
- Pencils and Pen
- HCPS Issued Laptop
- Journal
- Extra Hair supplies (hair ties, bobby pins, headbands)
- Band Aids
- Headphones – for individual choreography work

I, _____ (Student name), understand and have had opportunities to ask questions about all the information about the CFA Dance Syllabus.

I, _____ (Guardian name), have read all the information about the CFA Dance Syllabus.

_____ (Student Signature) _____ (Date)

_____ (Guardian 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 prdandridge@henrico.k12.va.us if you have any questions or concerns.