

Dance 9

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Welcome to Dance! Some of us might have previous experience in dance, while for others this might be their first experience taking a dance class. Regardless of level, I will aim to make this course an enjoyable, challenging and exciting experience for all.

Our program focuses on the PHYSICAL, SOCIAL AND EMOTIONAL benefits of Dance.

Physical

Dancers are athletes.
You will become stronger, fitter and gain an appreciation for ways to remain active throughout your life.

Social

In this class, we will work as a team. You will learn how to relate to your peers in a new environment and how to support your classmates as you collaborate towards your final performance.

Emotional

Dance allows you to gain confidence and provides an outlet to express and manage your emotions. Exercise is a proven mood-booster.

My Expectations:

- 1) That you show up, physically and mentally, to every class. Leave the drama at the door and be ready to work as a team.
- 2) That you commit to being a better version of the person that you are today. Be stronger. Be kinder. Be willing to work outside of your comfort zone. Take on new challenges with a positive attitude.
- 3) Be patient with yourself and your classmates. Change is hard and it takes time.
- 4) Celebrate your classmates' success as if it were your own. You have the privilege to be a part of something bigger than yourself. Embrace it.

What do you need for class?

1. Proper dance strip
2. A water bottle
3. Sweat towel (optional)
4. Indoor runners for hip hop unit

Note: You will need *black runners and black leggings* for our semester end performance so if you are making any clothing purchases for regular dance class you may want to keep this in mind!

What do we do in class?

Period 1: Dance-based workout and technique

Period 2: Choreography

How will you be evaluated?

50% Daily (workouts, participation, qualities of a dancer and assignments)

25% Choreography (teacher and student self-evaluations)

25% Technique Evaluations (teacher observations)

Each term is worth 40% of your final grade. Your final exam, which is your performance in our semester-end dance show, counts for 20%. Performing is only excused under rare circumstances – if you feel that this is going to be an issue for you, speak to me NOW!

*If you miss three or more classes in a semester, you are at risk of being pulled from the final choreography.

*Remember that 3 unexcused lates OR absences = an 'N' for work ethic