

The Academy for Performing and Visual Arts
Heritage High School



DANCE HANDBOOK
2016-2017

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Dance Director

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<http://www.heritagehighschooldance.webs.com>

DANCE DEPARTMENT COURSES

Ballet I (B2)

This is an introductory course to classical ballet technique. The class follows the traditional structure of barre warm-up exercises, center barre and across the floor combinations, with more emphasis on body posture and barre work. Students can expect to learn and perfect the basic stance, foot positions, basic port de bras, and many barre exercises. Center work is composed of port de bras and simple adagio, preparation for turns, preparation for waltzes, fundamental petit allegro and reverence. Students perform in the Winter and Spring dance concerts.

Ballet II (B1)

This intermediate level ballet class continues to refine classical ballet technique through barre, center work, and across the floor combinations. Dancers refine ballet fundamentals such as proper turn out, placement, and alignment. During center barre students focus on adagio and petit allegro, in order to build strength, flexibility, coordination and improved musicality. Epaulement is introduced. The class emphasizes dancing and performing with rhythm and poise. Students perform in the Winter and Spring dance concerts.

Ballet III (A1)

This advanced ballet class focuses on artistic movements, musical interpretation, strength, coordination, and precision in movement. All ballet fundamentals such as proper turnout, placement, alignment, and epaulement are further refined, and students work on adagio, petit allegro and grand allegro. Attention is paid to the proper extension of the legs and shape of the feet, use of the head and upper body, and fluidity of port de bras. Students perform in the Winter and Spring dance concerts.

Modern Dance (B4)

This Modern dance class consists of elements from the codified modern techniques and movement principles of modern dance pioneers such as Duncan, Graham, Horton, Limon and Humphrey. Students explore Modern dance history, along with the nuances and intricacies of each codified technique. Classes help to further develop deep core stability through breath work, contraction and release, and the use of gravity, while moving through space. Classes are split into three equal segments of floor work, standing work in the center, and across the floor combinations.

Jazz Dance (A3)

This Jazz dance class will focus on learning proper jazz dance technique such as isolations, leaps, and turns. Class exercises are based on traditional jazz movement layered with ballet technique and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. In addition to developing fundamental jazz dance skills, students will explore Jazz Dance history. As the class progresses, students will focus on improving performance quality as they are exposed to various styles of jazz dance such as Lyrical, Street and Contemporary.

Theatre Dance (A4)

Students will explore the fundamentals of musical theatre dance. Through the use of jazz, modern, and tap dance, along with elements of ballet, students will learn Broadway style choreography for the Fall and Spring musical productions. The skill of dancing while singing and acting will be developed. All theatre dance students may participate in the fall and spring theatre productions of the musical theatre class, for which all additional after school rehearsals, activities, fees and performances will be mandatory. This course is co-taught with the chorus and theatre directors.

DANCE DEPARTMENT POLICIES AND PROCEDURES

CARE OF THE DANCE STUDIO

NO FOOD OR NON-WATER DRINKS are ever permitted in the dance studio. Consume edibles in the hallway prior to entering the room. **DO NOT** be tardy to class because you are purchasing or finishing a snack in the hallway. Students may consume water in suitable containers during rehearsal. Chewing gum is never allowed in the dance studio and must be discarded before entering.

CUBBYS: Leave all books, purses, & backpacks in a cubby against the wall in the dance studio.

CONDUCT

Academy Dance students show respect for fellow dancers, the director, and guest teachers and artists at all times. Inappropriate behavior in class will affect weekly grades. Points will be deducted for disrespect, misbehavior, cell phone usage, chewing gum, not having proper dance attire, and failing to adhere to the policies and procedures outlined in this handbook. All students are also expected to adhere to the HHS and Rockdale County Discipline Policy.

STEP 1: Verbal warning

STEP 2: Parent phone call or email

STEP 3: Write-up/Behavior Referral

Major or repeated offenses may result in Administrative action including, ISS/In school Suspension or OSS/Home Suspension. *Please refer to the HHS Student Handbook and Discipline Policy.*

PARTICIPATION

All dancers are expected to fully participate in class every day. If a student feels ill to the point of being unable to dance, he or she should strongly consider checking out of school. If the student remains at school, the problem must be addressed with the director **prior** to the start of class.

If a student is unable to participate in class due to illness or injury, the student must have a note from a parent explaining the situation in order to sit out. If a student does not have parental excuse, a Dance Department form will be given to have signed and returned the following day in order to avoid grading penalties. If a student is unable to dress out and dance for more than 3 consecutive days, a written excuse from a physician must be given to the director. Even if unable to dance, students are expected to observe and/or take notes during class, or an alternative written assignment will be given to complete for a makeup grade.

DANCE DRESS CODE

Academy dance students are **REQUIRED** to dress out each day. All students are to dress out in the appropriate attire with no exceptions.

BALLET

GIRLS:

Plain black leotard, pink tights, pink ballet slippers *black dance shorts or a dance skirts are permitted*

BOYS:

Plain white fitted t-shirt, black leggings or black tights, black ballet shoes

MODERN AND JAZZ DANCE

Any color leotard, pink or flesh-tone **FOOTLESS** tights, dance shorts, or fitted dance pants, bare feet for modern, black jazz shoes for jazz

THEATRE DANCE

Comfortable clothing that the student can move in, character shoes for girls, black jazz shoes for guys

DANCE ATTIRE ETIQUETTE

No baggy pants or tops. *This is so that proper alignment of the body can be assessed. Baggy clothing hinders the ability to see student movement.*

Hair must be pulled back, away from face, into a bun or secured ponytail.

No socks, sweaters, jackets, or jewelry in class

Under garments must NOT show (If tank tops are worn, the straps must cover undergarments.)

All tops and bottoms must fully cover. Midriffs or shorts that show the bare stomach or buttocks areas are not allowed.

Students may be given a grace period at the beginning of the school year, where they may wear black leggings and a fitted black tank top or t-shirt as an alternative until dance uniforms are purchased.

DANCE CLASS ETIQUETTE

Be on time.

Enter the dance room quietly and orderly.

Show respect to the teacher and guest artists

Have consideration for the other students around you and be mindful of space.

Do not run across the dance room, horse play or wrestle with other students.

Line up quickly and orderly.

Pay attention during the teacher's demonstration.

Do not modify technique or movement of the teacher or guest artist unless given direction to do so.

Always thank guest artists, teachers, and accompaniment.

Be respectful and attentive during your fellow students' demonstration, performance or presentation.

No gum chewing. No food or drink.

DANCE NOTEBOOKS

All Academy dance students are required to have a dance notebook in the form of a 2 inch 3 ring binder, with paper and tabs. All dance academia work will be kept in dance notebooks.

CONCERTS AND REHEARSALS POLICY

Performances and rehearsals before and after school are an integral part of a basic dance education and are crucial to our success. Students are expected to be present at such activities. There will always be at least two weeks' notice before extra rehearsals/performance are scheduled. Submit to the director, **in writing**, the nature of any conflict **at least ONE week** prior to the concert or rehearsal.

PRODUCTION FEES

There is a dance production fee of \$50 per semester. This fee is mandatory for participation in the Winter and Spring dance concerts. Payments can be made by cash or check. Please make checks payable to "HHS DANCE BOOSTERS" and be sure to put "dance fee" and student name in the memo.

TACTILE TEACHING

It is sometimes necessary for the instructor to use physical contact in order to show a correction or adjust alignment.

PHOTOGRAPHY/AUDIO AND VIDEO RECORDING

As a part of the dance department, students may be periodically photographed, audio, or video recorded. At no time will students be individually identified with any picture or photograph.

DANCE PERFORMANCE STANDARDS

The Georgia Performance Standards for Dance and National Core Arts Standards for Dance will guide the instruction in this course. The standards are divided into the following categories:

- Foundations: Fundamental concepts, principles and skills related to dance
- Creating: Expression of ideas, experiences, feelings, and images through dance
- Response: Reflection, analysis, and evaluation of dance
- Connections: Exchanging and relating ideas, experiences, and meanings of dance

Reporting Topic	Measurement	Associated GPS Standards	Associated Assignments
Technical Skill and Performance	Execution of Ballet, Modern, and Jazz dance technique	Foundations Students will identify and demonstrate movement elements, skills, and terminology in dance.	Daily class exercises, Weekly rehearsal, Skills tests, Terminology quizzes, Winter and Spring Concerts
Creation: Dance Composition and Choreography	Execution of choreography and repertory, Improvisation, Composition of dance phrases within specified guidelines	Creating Students will demonstrate an understanding of creative/choreographic principles, processes, and structures.	Choreography projects, Winter and Spring concerts
Critique and Evaluation: Dance Analysis and Criticism	Observation and critique of the quality of dance performance using specified criteria and appropriate dance terminology	Response Students will demonstrate critical and creative thinking in all aspects of dance.	Peer observations, Concert performance reviews
Historical Context: Dance History	Research, readings, written projects	Connections Students will demonstrate and understand dance in various cultures and historical periods, as well as demonstrate and understand dance as it relates to other areas of knowledge.	Unit tests, Quizzes, Dancer and choreographer profiles

GRADING & ASSESSMENT

Formative/Progressive Assessment 65%

Classwork/Participation: Dressing in uniform and participating fully in class each day. Each week students start off with 100 participation points weekly. Following procedures and participating in every activity equals 100 points for the week. If a student does not comply or does not participate they will lose some or all of the participation points. A participation grade is calculated weekly.

Journal: Graded every month

Quizzes: Students will be quizzed on dance terminology, dance history content and other topics explored in class. Quizzes can be announced or unannounced.

Technique Skills Tests

Summative Assessment 35%

Performances, Unit Tests: Dance terminology, dance history content and other topics

HHS Dance Calendar 2016-2017

<u>Event</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>
Dance Booster Meeting	HHS Dance Studio	Thursday, August 18 th	6:00pm?
Academy Parent Meeting/ Forms Due	HHS Theater	Thursday, August 18th	6:30-8:30pm
HHS Dance Ensemble Auditions/ Winter's Bloom Auditions	HHS Dance Studio	Wednesday, August 31st	In-class
Winter Dance Production Fee Due	N/A	Thursday, September 1st	N/A
Winter Dance Production Photo Shoot	HHS Dance Studio	Wednesday, Sept 21st	3:00pm-6:00pm
Fall Musical	HHS Theater	November 10 th -13 th November 17 th -20 th	7:00pm 7:00pm
Winter Concert Dress Rehearsal	HHS Theater	Wednesday, Nov 30th	3:00pm-5:00pm
Winter Concert	HHS Theater	Thursday, December 1st Friday, December 2nd Saturday, December 3rd	7:00pm 7:00pm 7:00pm
Winter Musical	HHS Theater	January 19 th -22 nd January 26 th -29 th	7:00pm 7:00pm
Spring Talent Show Auditions	HHS Theater	Monday, January 23 rd	3:00pm-6:00pm
Spring Talent Show Dress Rehearsal***	HHS Theater	Tuesday, January 30 th	3:00pm-6:00pm
Spring Dance Production Fee Due	N/A	Wednesday, February 1st	N/A
Spring Talent Show***	HHS Theater	Thursday, February 3 rd	7:00pm
Spring Musical	HHS Theater	April 20 th -23 rd April 27 th -30 th	7:00pm 7:00pm
Spring Production Photo Shoot	HHS Dance Studio	March 1st	3:00pm-6:00pm
Spring Concert Dress Rehearsal	HHS Theater	Wednesday, May 3rd	3:00pm-5:00pm
Spring Dance Concert	HHS Theater	Friday, May 5th Saturday, May 6th	7:00pm 2:00pm
Academy Awards**	HHS Theater	Tuesday, May 23 rd	TBA
Graduation (Seniors Only)	HHS Stadium	Friday, May 27 th	TBA

All events designated in **bold are **required** for **all** dance students **Academy Dance Majors Only ***Participation by Audition Only*

The following pages need to be signed by both student and parent, detached from the Handbook, and returned to Mrs. Sykes by August 19th, 2016

Handbook Acknowledgement & Agreement

We have read the Heritage Dance Handbook and agree to all rules and policies. We have read each syllabus for each dance class enrolled in and also agree to all rules and policies. We have also made note of the dates listed on the dance calendar and have adjusted our family schedules accordingly. We will keep a copy of the Dance Handbook so that we may revisit the information as necessary throughout the year.

Student Information Form

Students are required to fill out the Dance Student Information Form. Please acknowledge that you have done so by checking below:

_____ Yes, we have filled out the Dance Student Information Form given in class. It is completed and signed.

_____ Yes, we have gone to the HHS Dance Website and filled out the Dance Student Information Form.

_____ No, we have not completed the Dance Student Information form given in class, or gone to the HHS Dance Website and filled out the Dance Student Information Form, but will do so immediately.

Student Signature _____ Date _____

Parent Signature _____ Date _____

The Academy for Performing and Visual Arts at Heritage High School
Academy Dance Student Contract

The following guidelines have been developed as expectations that should be held for all participating students. Please review the following expectations and discuss them with your student. If you and your student are in agreement that these expectations are appropriate, please sign the form and return to me as soon as possible. If you have any questions or concerns, please feel free to contact me.

Thank you,

Mrs. Sykes

tsykes@rockdale.k12.ga.us 770-483-5428 ext. 27218

1. We will come to class prepared: Items that are needed daily are dance uniform and dance notebook.
2. We will be ready for a challenge and give 100% effort in class: Positive attitudes and consistent effort are vital to the success of this course.
3. We will not talk during instruction or while dancing: This will allow us to get the most from the instruction given in class.
4. Academic Grades: We will do our best in all of our academic classes and we will work to maintain passing grades in all academic areas. We will set an example for other students in our classes with hard work and good behavior. Students will be given a warning if their grade falls to a C in dance class.
5. Attendance: We will attend school regularly, and only miss days that are absolutely necessary. We will monitor our behavior to avoid ITI/ISS/OSS so that we can be in class for dance instruction each day. Lastly, it is highly recommended and expected that we come to school dance and fine arts performances, as the rest of the fine arts program is counting on us for support.
6. We understand that this class is a yearlong commitment, and includes performance in the winter and spring dance concerts.

Student Signature _____ Date _____

Parent Signature _____ Date _____

PLEASE RETURN THIS FORM SIGNED BY THURSDAY AUGUST 19TH, 2016



The Academy for Performing and Visual Arts at Heritage High School

Dance Department

MEDIA RELEASE

PERMISSION TO PARTICIPATE IN MEDIA

I, _____, the parent/guardian of _____, hereby grant permission for my child's photograph and classroom work and videos to be published without his or her name on the Academy for Performing and Visual Arts at Heritage High School website, the Heritage High School Dance Department website, and all associated social media sites of Heritage High School Dance.

I understand certain risks are associated with this activity. I hereby agree to assume any and all risks surrounding my child's participation in this class and hereby release the Rockdale County Public Schools, its Board of Trustees, its officers, the school's employees, agents and volunteers in both their official and individual capacities from any and all liability, claims, or causes of action connected with my child's photograph or classroom work being published on the HHS Dance web and social media sites.

Having read this Media Release form, I agree to the terms and conditions expressed herein.

Signed this _____ day of _____, 2016.

Parent or Legal Guardian's Signature

Home Phone/Work Phone

Student Print Name

Student Signature

OR

_____ I do **NOT** grant permission for my child's photograph and classroom work and videos to be published without his or her name on the Academy for Performing and Visual Arts at Heritage High School website, the Heritage High School Dance Department website, and all associated social media sites of HHS Dance.

Student Name

Parent or Legal Guardian's Signature

Date