

## Dance

### **Beginning Dance I** 08D31A00 – Grades 4-6 Dance Majors – Prerequisite – Audition

Students learn the elements of classical ballet technique including basic barre work, port de bras, simple steps of elevation and traveling steps across the floor as well as the relevant French ballet terminology. Students learn folk and character dance steps. Students practice stretching and conditioning at an age-appropriate level. Students engage in movement exploration activities in preparation for the study of choreography.

### **Dance Fundamentals I** 08D31B00 – Grades 4-6 Dance Majors – Prerequisite – Beginning Dance I, Audition

Students continue the development of ballet technique begun in Beginning Dance 1. Stretch and strengthening activities are continued, additional barre work is introduced, unsupported adage and more complex allegro work, pirouettes and traveling turns are begun in the center. Students create movement studies with subject matter from another discipline. Students continue the study of dance vocabulary and research topics in dance history.

### **Dance Fundamentals II** 08D31C00 – Grades 5-8 Dance Majors – Prerequisite – Fundamentals I, Audition

Career Technical Education: Arts & Communications course. Students continue to refine basic ballet barre, center work and across the floor. The study of simple turns and beats is emphasized. Pointe technique is introduced for the girls. Tours and elevation are stressed for the boys. Improvisation is used to explore movement ideas. Body conditioning, including Pilates floor and reformer training are studied.

### **Dance Fundamentals III** 08D31T00 – Grades 6-9 Dance Majors – Prerequisite – Fundamentals II, Audition.

Career Technical Education: Arts & Communications course. Emphasis is on refining technique and expanding dance vocabulary. Proper technical execution of barre and center work is stressed. Pointe work is developed further with additional pointe vocabulary in the center and across the floor. Body conditioning and Pilates are continued. Improvisation is included to develop students' creativity. A seventh or eighth grader is eligible to audition for Dance Ensemble.

### **AC Modern Technique I** 340Y600Y – Grades 6-12 Dance Majors – Prerequisite – Audition, minimum 2 years dance training

Career Technical Education: Arts & Communications course. In this course students must be able to demonstrate technical proficiency in several different schools of modern dance technique with emphasis on the articulation of the torso and off center techniques. Style, performance quality, and dynamics are emphasized; execution of complex rhythmic combinations with weight and directional changes are required.

### **AC Modern Technique II** 340Z600Y – Grades 6-12 Dance Majors – Prerequisite – Audition, minimum 2-3 years dance training

Career Technical Education: Arts & Communications course. This is a more advanced course in which students must be able to demonstrate advanced skills in both center and traveling techniques. Execution of complex rhythmic combinations with weight and directional changes is required. Combinations of multiple skills in both grounded and elevated skills can include

multiple turns. Coordination, strength, flexibility, endurance, and artistry are key skills in this course.

**Primer Dance Techniques I** 340Q600Y – Grades 8-11 Dance Majors – Prerequisite – Fundamentals III, Audition

Career Technical Education: Arts & Communications course. The classical ballet vocabulary is greatly expanded with emphasis on turns, jumps and beats. The pointe vocabulary is increased. Specific steps for classical variations and partnering techniques are taught. Body conditioning and Pilates training are continued. Modern dance is introduced.

**Primer Dance Techniques I** – Grades 8-12 Dance Majors – Prerequisite – Techniques I, Audition

Career Technical Education: Arts & Communications course. Ballet vocabulary is greatly expanded with longer combinations on demi-pointe and pointe to develop strength and stability. Epaulement is stressed. Boys continue to work toward strength in jumps and tour. Modern dance classes include formal exercises, with specific falls and off-center turns and balances emphasized. Body condition, Pilates and modern are continued. Students in this level must be accepted in and participate in Dance Ensemble.

**Choreography 1 & 2** 340W600Y / 340X600Y – Grades 8-12 Dance Majors – Prerequisite – Audition

Career Technical Education: Arts & Communications course. This is a performing company with repertory in classical and contemporary ballet and modern dance. There are numerous opportunities to work with guest teachers and choreographers as well as staff members. The company performs yearly in a Mayerson Stage series of mostly new works in the fall, the school's major musical, The Nutcracker, and a full length ballet in the spring. The spring ballet alternates between a classical and a contemporary ballet. Elements of choreography are explored, ethnic and contemporary movement is incorporated and stage experience is nurtured and developed.

**BAC Dance Style 1** 340R600Y – Grades 9-12 Dance Majors – Prerequisite – Dance Ensemble

Career Technical Education: Arts & Communications course. This is two and a half bell class for the most advanced students. They must show a high level of technique and demonstrate a good work ethic. Emphasis is placed on jumps, beats, turns and expression. Body conditioning, Pilates and Modern/Contemporary movement are continued at a more advanced level. This level has guest teachers throughout the year to augment their studies. Students in this level must be accepted in and participate in Dance Ensemble.

**BAC Dance Style 2** 340Y600Y – Grades 9-12 Dance Majors – Prerequisite – Dance Ensemble

Career Technical Education: Arts & Communications course. This is two and a half bell class for the most advanced students. They must show a high level of technique and demonstrate a good work ethic. Emphasis is placed on jumps, beats, turns and expression. Body conditioning, Pilates and Modern/Contemporary movement are continued at a more advanced level. This level has guest teachers throughout the year to augment their studies. Students in this level must be accepted in and participate in Dance Ensemble.

**Dance Exposure** 08D31J00 – Grades 4-12 Non Majors – Prerequisite – None

Career Technical Education: Arts & Communications course. This is a single bell class designed to introduce non-dance majors to the elements of dance. Students will explore ballet, body conditioning, Pilates, and contemporary movement. Discussions will include dance history, nutrition, injury prevention and rehab, what it takes and means to be a dancer today. Students will

be required to see the 3 major dance productions: The Black Box, The Nutcracker and the Spring Ballet.