**ENVISION INTRODUCTION TO DANCE (LEVEL I) SYLLABUS**

This course is designed to give the student an overview of the world of dance. The fundamentals of body alignment, ballet, jazz, and modern will be covered. Students may repeat this class for PE credit. If PE credit is completed the student may receive graduation required VPA credit. Dancers perform in an All-Envision dance production, which is outlined below.

**ATTENDANCE** Students are responsible for making up any work missed due to an excused absence. If you have an unexcused absence, you cannot make up the work, even if it is an assessment or a test. Attendance and participation are the biggest portion of your grade. To recoop points lost from excused abscences, each excused absence can be replaced by a YouTube Critique paper, instructions can be found on my website linked on the CCA Staff page

**MEDICAL EXCUSES:** If you need to sit out due to a medical ailment, I need an email from a parent in order to excuse you.  You will also be asked to take observation notes in your dance journal.  A physician’s note is to be shared with me at the onset of a medical problem lasting longer than three class sessions. You and I will attempt to come up with a dance plan that meets the guidelines of the physician’s orders.  Parental input is greatly appreciated. If the injury/illness extends past 12 class sessions during the quarter and no modifications can be made, the student is advised to drop the class and take it again at a later time.

**TARDIES** You need to be on time, ready to dance, every day. You must be in the gym by the tardy bell and in the studio by 5 minutes after.

CCA’s Tardy Policy is the following:

1st: Verbal Warning

2nd: Parent Contact

3rd: 4-Hour Saturday School

4th: Referral to Assistant Principal

**SUPPLIES:** Please bring a journal that will serve as your dance journal for the semester.  This is a place to reflect, take notes on corrections and observations, and place handouts.  Dancers should be writing entries 2-3 times per week, on average.  QUALITY V. QUANTITY.  At the beginning of the semester, dancers are asked to write down goals for this semester, and to revisit these goals over time.  Another area of exploration for journals is The Healthy Mind Platter.  Our wellness team here at CCA has been working to integrate more mental and physical health practices into your lives here at CCA, and hopefully habits that will follow you after high school.  The Healthy Mind Platter identifies seven activities that can be used to increase mental well-being, and we will be exploring these throughout the semester.  These seven activities, along with a description of this concept of a Healthy Mind Platter can be found at the end of the syllabus.  Here is a link for more information about the Healthy Mind Platter: <http://www.drdansiegel.com/resources/healthy_mind_platter/>

**APPROPRIATE ATTIRE** All attire for both boys and girls must be ALL BLACK and dance-appropriate and form-fitting. Both boys and girls must wear appropriate undergarments: sports bra and dance belt are REQUIRED. All black dancewear is due the first Monday of class. Dancers are expected to wear form-fitting attire for multiple reasons. First, it allows you to move freely. Secondly, it allows both you and your instructor to see your body clearly, greatly reducing risk of injury. Please purchase the appropriate undergarments. No shorts or midriff are allowed. If you’re unsure if it’s appropriate for class, it probably isn’t.

**FOLLOWING BASIC DANCE ETTIQUETTE**: on time, no gum, quiet & focused, standing (not sitting) during class, hair pulled back and off face, and applauding at the end of each class to thank both your teacher and classmates. There are many rules in a dance classroom that we will cover, but these are the fundamentals.

**PARTICIPATION & EXPECTATIONS**

You have five minutes from the time the tardy bell rings to be in class, ready for roll. You receive 5 participation points per day for dressing out and giving this class 110%. The point system is all or nothing. You will receive your 5 points for the day as long as you follow the expectations outlined in this syllabus. Some common reasons for losing points include: excessive talking, not following instructions due to defiance, not participating, not wearing appropriate attire, and chewing gum. If you lose points, the reason will be documented in Aeries.

**LOCKS & LOCKERS**

Each dancer will be issued a lock and a locker. The locker room is locked during class, so please bring supplies you may need with you to the dance studio. LEAVE ALL ELECTRONICS: PHONES, TABLETS, LAPTOPS locked in your locker. They will be confiscated if found in the studio and you can retreive them from the APs office at the end of the day. If you lose your lock, it’s $10 to purchase a replacement lock. Also, please do not keep food in your locker due to ants. Locks will be issued the 2nd day of class.

**THE ALL ENVSION DANCE SHOW**

Students in all classes are expected to perform. If you are unable to participate in this show for any reason, let your teacher know as early as possible, within the first few weeks of the semester at the very lastest. Each class begins working on choreography for the show four months prior to the performance and we spend a substantial amount of class time on this piece. If you are unable to attend, the alternate assignment is an 8-10 page research paper, in MLA format, on a topic that you and your teacher will discuss and agree upon.

**PERFORMANCE ATTENDANCE**

Attending performances is an integral part of growing as a performing artist. Students should see upcoming CCA and Envision Dance Conservatory performances and are also encouraged to see performing arts outside of CCA. All performance dates can be found on the CCA website under Envision. Tickets can also be purchased online. Student should plan to attending Just Living in November and participating in the all Envision Dance show in January. Ushers are always needed for performances, and you can see a show for free by volunteering! If needed, tickets can be provided to you, simply email or talk to your teacher about reserving a ticket.

Grade Breakdown: Participation 50%,

Health 30%

Assessments/Written Work 20%

Grading Standards

Grade of A is given for superlative work that demonstrates a profound commitment to the course material. The student employs the material as a springboard for independent thought and work.

Grade of B is given for very good work that fulfills all the requirements of the course in a conscientious and dedicated manner.

Grade of C is given for work that fulfills all the requirements of the course in a satisfactory manner, but falls short of demonstrating rigor and mastery

Grade of D is given for work that is unsatisfactory.

Grade of F is given for work that fails to fulfill the requirements of the course as listed above

**DUE DATES**

**Some due dates may be subject to change**

Signed Syllabus & Journal Check            9/1/2017

The Rainbow Catcher Auditions 9/12 w/Callbacks on 9/13/2017, 3:15, large studio

Just Living Auditions\*\* 10/9/2017, 3:15 PM

1st Assessment\*              9/27 or 9/28/2017

Journals Due              10/17/2017

2nd Assessment 10/25 or 10/26/2017

“Women of Rock” Piece Auditions\*\* 10/30/2017, 3:15 PM, large studio

Mid-Term              10/30 or 11/1/2017

“Just Living” Techs & Performances 11/7-11/10/2017

Conservatory Apps Due 12/1/2017

Festival of the Arts              12/2/2017

Women of Rock Techs 12/4-12/6/2017, 3:15-6 PM

Women of Rock Performances 12/7 & 12/8/2017 @ 4 & 7 PM

Dance Conservatory Auditions 12/13/2017, 3:15-6 PM, large studio

2nd Assessment\*              12/18/2017

Journals Due              12/19/2017

Placement Auditions\*\*\*              1/10/2018, 3:15 PM, large studio

Final              1/25 or 1/26/2018

\*If you miss an assessment, you will be required to write a 3-page paper, including the following: goals you have set for yourself in this class, areas you wish to improve upon, strengths as a dancer, observations of the class as a whole.  Feel free to ask me if you have questions.\*

\*\*Any student auditioning for a dance show at CCA must be currently enrolled in a dance day class.\*\*

\*\*\*If you are wanting to advance to Advanced Dance, please attend this audition.\*\*\*

***Women of Rock***

**Envision Dance’s Fall Show**

Your class will be performing in the “**Women of Rock”** showthis semester.  As listed above, techs are December 4th-6th,  until approximately 6 PM.  Shows are December 7th & 8th, at 4 & 7 PM.  All students are expected to participate.  If unable to participate, students will be asked to write a **10 page** research paper on a topic that is dance-related and approved by Rayna.

**Alternate Assignment:**If you are unable to perform in Women of Rock, you must let your teacher know within the first month of the semester.  Your alternate assignment is a 12- page paper, typed in MLA format.  The research paper is on a dance topic of your choice.  Some examples of acceptable topics:

1. The history of a genre of dance
2. The history of a main dance company (Joffrey Ballet, Martha Graham, Fosse, Alvin Ailey, Hubbard Street, Mark Morris, etc)
3. Dance and the Body
4. Dance and Connection to Life (discipline, another sport or art form, intellect, etc.

Purchasing tickets for shows in advance is highly encouraged.

Tickets for all Envision shows can be purchased online by following this link: [**http://www.cca-envision.org/events/**](http://www.cca-envision.org/events/)

\*Fitness Testing will be done in the month of October and includes running, situps, pushups and shoulder flexibility. Please consult the class calendar on my website for a specific date.

**ONLINE HEALTH CLASS**

Online Health is a part of Year One PE and will be taken for 30% of your grade. Login information will be discussed in class. Please keep this information in a safe place. The units and topics covered in this class are as follows:

\*\*Personal health, nutrition, & fitness

\*\*Preventing disease and injury

\*\*Growth, Development, and Sexuality

\*\*Substance abuse

\*\*Mental Health and Community Health Issues

**OTHER IMPORTANT INFORMATION**

\*\*Students must earn a passing grade in the Health portion of Y1PE.

\*\*Students are responsible for completing each unit online and will have a specific amount of time to complete each unit. If you do not complete ALL THE COURSEWORK YOU WILL FAIL THIS CLASS.

\*\*At the end of each unit, the class will take proctored online exams together in the media center. Students will be allowed two opportunities to pass each unit test.

The time frame for testing dates is outlined below. Please mark your calendar accordingly and be sure to be present on testing days.

Unit A Monday September 25

Unit B Monday October 9

Unit C Monday November 6

Unit D Monday December 4

Unit E Tuesday January 16, 2018

Please consult the class calendar for a schedule of weekly assignments. Roughly, there is one “section” due per week on Sunday which usually means 3 to 4 quizzes each with three lectures. If there is a test that week the unit is due on the Friday you take the test. I will run a report to check for completion Monday mornings.

 ~PRINT THE FOLLOWING PAGES 2 & BRING TO CLASS TOMORROW~

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**Seven daily essential mental activities to optimize brain matter and create well-being:**

|  |  |
| --- | --- |
| **Focus Time** | When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain. |
| **Play Time** | When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain. |
| **Connecting Time** | When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry. |
| **Physical Time** | When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways. |
| **Time In** | When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain. |
| **Down Time** | When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge. |
| **Sleep Time** | When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day. |

**Compassion and Mindfulness in the Classroom**

Because of the nature of this course and the classroom set up you can see that interacting with peers is unavoidable. My goal as the teacher is to create a safe learning environment for everyone. We as a community here at CCA, have always been eager to pronounce our “weirdness and being an accepting environment”, so I am asking you to practice that on a daily basis in class. Your body language, energy and ability to engage with your peers and teacher is paramount.

As a class and small learning community:

* We will have compassion for our classmates and understand that we come from different backgrounds and as a result might have different outlooks, skills, and questions.
* We will be open and 100% in class each day, giving 100% effort during every class.
* We will not disengage from each other as a community by talking or mind-wandering during class.
* We will learn to be okay with feeling ‘stupid’ or awkward as we embark on a *moving* adventure.
* We might leave this class with more questions than answers and that’s ok.
* You are going to meet and engage with everyone in this class and while we might not all have the same point of view or skill set and we will still treat each other with compassion.

**ENVISION DANCE: INTRO SIGNATURE SHEET**

\*\*Please return this sheet ONLY to your teacher by Wednesday AUGUST 30, 2017.

It is worth 10 points\*\*

I DECLARE THAT I HAVE RECEIVED, READ, AND UNDERSTAND THE CLASS SYLLABUS.

\*\***ALSO, BY SIGNING THIS SYLLABUS YOU AGREE TO ALLOW YOUR STUDENT TO BE VIDEO TAPED/PHOTGRAPHED AND THAT THE RESULTING PRODUCT WILL BE USED FOR EDUCATIONAL PURPOSES.**

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Print Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature

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Parent/Guardian Print Name

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Parent/Guardian Signature