

Chavez HS Dance

Introductory to Dance (Beg. Dance)

Instructor: Mrs. Eaton

Dance is to move rhythmically, as in time to music (Webster). In the study of dance, one will be able to use movement and creativity to tell a story. Dance is a form of fitness, self awareness, and appreciation of diversity of those around them.

Chavez Dance program teaches self awareness, cooperatively working together, dance technique and terms, self expression, and public presentation.

Curriculum

Dance Basics
Beg. Ballet
Beg. Jazz
Beg. Tap
Theater
Folk
Country
Ballroom (1 or 2 styles)
Fitness concepts and preparation for physical fitness test

Uniform/Dress Requirement:

- Black Ballet or Jazz Shoes
- Black Dance pants (may be Capri length, full length tight at the ankle, or boot cut at the ankle, these are similar to leggings) **Sweats and other exercise pants are not allowed. Any color other than black is not allowed. *Wearing your dance clothes over your school clothes is NOT allowed, that is called overdressing.**
- **Top:** You can buy your dance T-shirt in the student store, or wear a plain black T-shirt or tank top. (No spaghetti straps) Putting your shirt over your school shirt is not counted as being dressed. When it is cold, you may wear a black, white or grey long sleeve cotton shirt **under** your black dance shirt. No hoods, collars, or zippers on that shirt. **No other colors are accepted.**
- **Fitness Day (_____):** Wear your black dance shirt. And either, black dance pants, black shorts, or black sweats. No other colors. Also need tennis shoes.
- **There are no alternatives for clothes. After 4 non-dress days, your child May be in danger of failing the quarter.**
- You are expected to dress. It is your materials for class. **You will be docked 10 points for every non dress.**
- You must provide a lock. We will issue you a locker, but you must buy your own lock. **NO KEY locks.** Remember, you get what you

pay for. If you buy a lock at a dollar store or less than \$4.00, they tend to break during the year. These are the ones we see stolen and broken into the most often. Get yourself a good quality lock.

Information on Jazz Shoes:

- Stage Two dance store in the miracle mile. She will carry all your needs; she is not open on Sundays. She will give all my students 20% discount. Just mention you are a student from Chavez High School
- Discount Dance Supply: 1-800-328-7107 or go to their web site discountdance.com.
- All About Dance: Allaboutdance.com
- We may place an order for shoes here at school. More details and price will be mentioned on the first day of school.
- **Uniform Due Date: You must have your Lock, clothes pants and T-shirt and shoes by _____.**

Grading:

Daily Points: You earn 5 points per day for your warm-ups and participation. If you are not being responsible, respectful, or are talking too much, you will lose points.

Performances: Group projects after a unit

Tests: Performing a particular dance or steps. May also have written tests.

Fourth Quarter Project: there may be a research project during the third or fourth quarter. This would take the place of doing the dance show. More details to come when closer to the project date.

Skills Test: Each student will be assessed on their skill. This is to see who is able to move up to dance 3-4

Dance show. If you wish, you may participate in the Upcoming dance show.

The show is on _____. Rehearsal is _____.

Must be available all week to do the show.

Dance class Procedures:

Warm-up

Daily steps/across the floor/review

Dance

Cool Down/Closure

***Check the classroom board each day for instructions.**

Dance Class Rules

- NO GUM
- NO food drinks, etc..
- NO phones or other electronic devices

- GUM: Not allowed. I catch you with gum, **you loose 7pnts.**
- All electronic devices and phones must be locked up in their locker, or may be locked in the dance closet in my room. Any phone **on the body or in possession** will be taken away and brought to administration at the **teacher's convenience.**
- Appropriate language in class
- Be respectful to other students. Your talking and playing around is disruptive to the classroom environment.
- Follow directions
- If you don't like something, keep it to yourself, and then talk to me after class. It is no one else's business and I will not take class time to deal with it.
- Participate: If you choose not to, that's your choice, but realize that it is your grade that suffers.
- You are NOT allowed in my office.
- Do not bring your personal items to class; **LOCK** them in your locker. **IF** you lock your locker, they can not get stolen. I can not guarantee their safety if you bring it in the classroom. I am not responsible for lost or stolen items.

Music: The music which is used in class is chosen for use of routines and rhythm. Foul language and explicit lyrics will not be used. I will try to keep as up to date music as budget allows, but a wide variety of music will be used and not chosen by top 10 of the week. Because so much music today has explicit lyrics, I screen all songs which are played.

Etiquette: As music is chosen appropriately for each class, do not come up to me and ask if we can play your CD. The CD's are not your property, I will not rummage through your things; please do not rummage through mine. The CD player is also off limits, unless asked otherwise.

Learning dance takes focus and concentration, many of the students in this class are here to learn, please do not disrupt the others. This could be by talking during warm-ups or class instruction.

Medical Excuses:

We all get sick from time to time. When not feeling well, come see me and at times you may sit out, other times you will be given some work to do. Getting sick once in a while is expected. Getting sick every week is not, or every time you are on your period, or you are just sore from the day before. If you come to me too often about being sick, you will not be allowed to sit out. When ill you must provide a parent note.

For **long term illnesses** a doctor's note must be provided and alternate work will be given.

Missed days:

When you miss a day you must make up those 5 points. You must find an article on fitness or dance by way of the newspaper, magazine, or internet. Write a one page summary about the article. Turn in the article and the summary the next day back. Do one for each day absent. Thus, out sick for 3 days, do three articles and summaries.

The best way to reach me is by email:

seaton@stockton.k12.ca.us

Students Name: _____ **ID #** _____

Mother's name: _____

Fathers Name: _____

Name of main person to contact: _____

Home phone number _____

Mothers work number _____

Fathers work number _____

Best number to call in the mornings _____

Parents email: _____

Dance Class Contract

1. I understand and will follow the dressing policy

Student signature

parent signature

2. I understand the grading policy.

Student signature

Parent signature

3. I understand and will follow the classroom rules.

Student signature

Parent signature

Chavez HS Dance

Instructor: Mrs. Eaton

Dance 3-4

Dance is to move rhythmically, as in time to music (Webster). In the study of dance, one will be able to use movement and creativity to tell a story. Dance is a form of fitness, self awareness, and appreciation of diversity of those around them.

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Spring Semester Curriculum

- Jazz
- Ballet
- Modern
- lyrical
- Hip/Hop like styles
- Tap

Uniform/Dress Requirement:

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- **Top:** You can buy your dance T-shirt in the student store, or wear a plain black T-shirt or tank top. Putting your shirt over your school shirt is not counted as being dressed. When it is cold, you may wear a black, white or grey long sleeve cotton shirt under your black dance shirt. No hoods, collars, or zippers on that shirt. No other colors are accepted.
- You are expected to dress. It is your materials for class. **You will be docked 10 points for every non dress.**
- **There are no alternatives for clothes. After 4 non-dress days, your child May be in danger of failing the quarter.**

You must provide a lock. We will issue you a locker, but you must buy your own lock. NO KEY locks. Remember, you get what you pay for. If you buy a lock at a dollar store or less than \$4.00, they

Tend to break during the year. These are the ones we see stolen and broken into the most often. Get yourself a good quality lock.

Information on Jazz Shoes:

- Stage Two dance store in the miracle mile. She will carry all your needs; she is not open on Sundays. She will give all my students 20% discount. Just mention you are a student from Chavez High School
- Discount Dance Supply: 1-800-328-7107 or go to their web site.
- Shoes and T-Shirt can be available here at school, see your teacher

Uniform Due Date: You must have your clothes (pants and T-shirt), and your shoes by _____.

Grading:

Daily Points: You earn 5 points per day for your warm-ups and participation.

You one is not being responsible, respectful, or is talking to much, they will loose points.

Skill testing: You are expected to already have basic dance skills. I will not stop to break down Dance 1-2 curriculum. Unlike Dance 1-2, you are graded on your dance ability. We will do bi-monthly testing. This includes correct form, foot work, timing, musicality, and presentation.

Projects: There will be many projects in class. Choreography, group and individual, study of other dancers and companies.

Tests: You will learn dance terminology, and be tested on it.

Dance 3-4 is the next level after dance 1-2; it is strong technique in jazz, ballet, and modern. You must be prepared everyday to participate and learn. **Shoes are mandatory! Clothing is mandatory!** You will not be able to do the routines without being prepared. You may not wear socks only in the dance room. You forget your shoes for a day, you go bare foot. This is a safety concern. This class is the preparation for performing dance.

You will be performing in the spring dance show. This is mandatory and part of your grade.

Dance show. You are required to participate in the dance show.

The show is on _____. Rehearsal is

_____. **Must be available all week.**

***Check the classroom board each day for instructions.**

Dance Class Rules

- NO GUM
- NO food drinks, etc..
- NO phones or other electronic devices
- GUM: Not allowed. I catch you with gum, you loose 7 pnts.

- All electronic devices and phones must be locked up in their locker, or may be locked in the dance closet in my room. Any phone on the body or in possession will be taken away and brought to administration at the teacher's convenience.
- Appropriate language in class
- Be respectful to other students. Your talking and playing around is disruptive to the classroom environment.
- Follow directions
- If you don't like something, keep it to yourself, and then talk to me after class. It is no one else's business and I will not take class time to deal with it.
- Participate: If you choose not to, that's your choice, but realize that it is your grade that suffers.
- You are NOT allowed in my office.
- Do not bring your personal items to class; LOCK them in your locker. IF you lock your locker, they can not get stolen. I can not guarantee their safety if you bring it in the classroom. I am not responsible for lost or stolen items.

Medical Excuses:

We all get sick from time to time. When not feeling well, come see me and at times you may sit out, other times you will be given some work to do. Getting sick once in a while is expected. Getting sick every week is not, or every time you are on your period, or you are just sore from the day before. If you come to me too often about being sick, you will not be allowed to sit out. When ill you must provide a parent note.

For long term illnesses a doctor's note must be provided and alternate work will be given.

Missed days:

When you miss a day you must make up those 5 points. You must find an article on fitness or dance by way of the newspaper, magazine, or internet. Write a one page summary about the article. Turn in the article and the summary the next day back. Do one for each day absent. Thus, out sick for 3 days, do three articles and summaries.

The best way to reach me is by email:

seaton@stockton.k12.ca.us

Name: _____

Period: _____

Dance Quiz

1. List three different styles of dance you will be learning this term.
2. What clothing are you to wear for dance class.
3. Where can you buy your clothing? And where can you buy your shoes?
- 4 & 5. Explain the procedure when coming to class. (Locker room, etc.) Put also in detail about use of your locker and which ones to use when.

T & F

6. You don't really need a lock for your locker. After all, who would steel in the locker room.
7. Gum is NOT allowed in the classroom.
8. It is ok to talk continuously during class.
9. It is acceptable to dance with a phone in your pocket or bra or any other place on your body.
10. It is ok not to pass this class, because I don't really need PE credit to graduate.

Chavez HS Dance

Instructor: Mrs. Eaton

Ballet and Modern Dance

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Requirement: Must have taken Introductory to Dance.

Curriculum

- Modern dance
- Lyrical
- Ballet
- Contemporary

Uniform/Dress Requirement:

- Black Ballet or Jazz Shoes or pink ballet shoes. At times we will also be barefoot
- Black Dance pants (may be Capri length, full length tight at the ankle, or boot cut at the ankle, these are similar to leggings) **Sweats and other exercise pants are not allowed. Any color other than black is not allowed. *Wearing your dance clothes over your school clothes is not allowed, that is called overdressing.**
- **Top:** You can buy your dance T-shirt in the student store, or wear a plain black T-shirt or tank top. Putting your shirt over your school shirt is not counted as being dressed. When it is cold, you may wear a black, white or grey long sleeve cotton shirt under your black dance shirt. No hoods, collars, or zippers on that shirt. No other colors are accepted.
- **There are no alternatives for clothes. After 4 non-dress days, your child May be in danger of failing the quarter.**

You must provide a lock. We will issue you a locker, but you must buy your own lock. NO KEY locks. Remember, you get what you pay for. If you buy a lock at a dollar store or less than \$4.00, they Tend to break during the year. These are the ones we see stolen and broken into the most often. Get yourself a good quality lock.

Information on Ballet Shoes:

- Stage Two dance store in the Lincoln shopping center. She will carry all your needs; she is not open on Sundays. She will give all my students 20% discount. Just mention you are a student from Chavez High School
- Discount Dance Supply: 1-800-328-7107 or go to their web site.
- All About Dance: 1-800-775-0578 or go to their web site.
- Shoes and T-Shirt can be available here at school, see your teacher

Uniform Due Date: You must have your clothes (pants and T-shirt), and your shoes by _____.

Grading:

Daily Points: 3 points for dressing. It is all or nothing. Wearing half does not count for half credit. 2 points for warm-ups. 2 points for participation. If your child is not being responsible, respectful, or is talking to much, they will lose points.

Skill testing: You are expected to already have basic dance skills. I will not stop to break down Dance 1-2 curriculum. Unlike Dance 1-2, you are graded on your dance ability. We will do monthly testing. This includes correct form, foot work, timing, musicality, and presentation.

Projects: There will be many projects in class. Choreography, group and individual, study of other dancers and companies.

Tests: You will learn dance terminology, and be tested on it.

Modern/Lyrical/Ballet/Contemporary class will focus on the technique used in all these styles of dance. You will focus on body control, turns, jumps, and foot work. You will also learn the differences and similarities of these styles of dance. You will watch professional works done and study well known dancers in these styles. Music is usually instrumental, classical, or story telling. Not your typical top 10. These styles of dance connects to all the other styles, it is a great place to strengthen your dancing.

Dance show. You are required to participate in the dance show.

The show is on _____. Rehearsal is _____.

Must be available all week.

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- Appropriate language in class

- Be respectful to other students. Your talking and playing around is disruptive to the classroom environment.
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Missed days:

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Chavez HS Dance

Instructor: Mrs. Eaton

Jazz and Tap

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Requirement: Must have taken Introductory to Dance.

Curriculum

- Jazz
- Tap
- Hip-Hop
- Theater/Character

Uniform/Dress Requirement:

- Black Jazz Shoes
- Black Dance pants (may be Capri length, full length tight at the ankle, or boot cut at the ankle, these are similar to leggings) **Sweats and other exercise pants are not allowed. Any color other than black is not allowed. *Wearing your dance clothes over your school clothes is not allowed, that is called overdressing.**
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- All About Dance: 1-800-775-0578 or go to their web site.
- Shoes and T-Shirt can be available here at school, see your teacher

Uniform Due Date: You must have your clothes (pants and T-shirt), and your shoes by _____.

Grading: You may check your grades on snapgrades.net

Daily Points: 3 points for dressing. It is all or nothing. Wearing half does not count for half credit. 2 points for warm-ups. 2 points for participation. If your child is not being responsible, respectful, or is talking to much, they will lose points.

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Projects: There will be many projects in class. Choreography, group and individual, study of other dancers and companies.

Tests: You will learn dance terminology, and be tested on it.

Jazz/Tap/ class will focus on the technique used in all these dance styles. We will work with different rhythm, body control, and body style. You will learn how these three styles are similar in ways. You will watch professional dancers and dances in these styles.

Dance show. You are required to participate in the dance show.

The show is on _____. Rehearsal is _____.

Must be available all week.

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- Be respectful to other students. Your talking and playing around is disruptive to the classroom environment.

- Follow directions
- If you don't like something, keep it to yourself, and then talk to me after class. It is no one else's business and I will not take class time to deal with it.
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Chavez HS Dance

Instructor: Mrs. Eaton

Performing Dance

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Requirement: Must have taken Introductory to Dance and auditioned for this course. You must have had made the auditions.

This is a full year course (thus 2 terms)

Curriculum

- Jazz
- Tap
- Hip-Hop
- Theater/Character
- Modern
- Ballet
- Lyrical
- Contemporary
- Choreography
- Performance standards

Uniform/Dress Requirement:

- Black Ballet or Jazz Shoes. May also use tan or pink
- You must have black dance pants (full length), black leotard, and skin colored tights
- For class, you must have dance clothes, such as tights, bike shorts, dance pants, tank tops or leotard. Color does not matter for this course, but stay within school dress requirements. (low on red, no spaghetti straps)
- Dressing is part of your grade.

You must provide a lock. We will issue you a locker, but you must buy your own lock. **NO KEY** locks. Remember, you get what you pay for. If you buy a lock at a dollar store or less than \$4.00, they

Tend to break during the year. These are the ones we see stolen and broken into the most often. Get yourself a good quality lock.

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Grading:

- You are graded daily on dressing, warm ups, and participation. Your attitude and focus in class is also part of your grade.
- You are also graded on your attendance to not only class, but to all performances. Tardiness is unacceptable.
- By being in this class, you have agreed to be part of many, after school and off campus performances. Performances such as football games, basketball games, festivals, etc...
- Many performances come up as the year goes on, I will keep you as up to date as I am.
- **If you can not make a performance due to unforeseen events, I must have a written note from your parent.**
- You are expected to attend daily, there are no makeup points for this class, be here. If out for illness, have a parent note when you come back.

What to expect:

We are part of CAPA SLC. We are not just a class that does the dance shows, but also part dance team, theater group, and leadership. We must be ready at all times for performances. We are also part of all the other CAPA groups. Thus we may be combined with orchestra, choir, drama, band, and art. As the CAPA SLC grows, performing opportunities will grow. We are the foundation for years to come. With that in mind, how we present ourselves is very important. We must be cooperative, willing to learn, and understanding at all times. Things will not always go smoothly, but we must learn from our mistakes and correct them for next time. **You are the founding fathers. WELCOME!!!**

In class, we will work on dances, dance technique of ALL styles, work with guard and orchestra and band, create our own dances, and work on overall fitness and technique which all dancers need to have.

Parent involvement is necessary.

A program is as strong as its volunteers. We need as much help as we can get. This could be from seamstresses, to monetary donations, to sponsorship, to supervision help, as drivers, for media assistance, etc... No job is too small, we need it all

Dance Class Rules

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- Appropriate language in class
- Be respectful to other students. Your talking and playing around is disruptive to the classroom environment.
- Follow directions
- If you don't like something, keep it to yourself, and then talk to me after class. It is no one else's business and I will not take class time to deal with it.
- Participate: If you choose not to, that's your choice, but realize that it is your grade that suffers.
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