

**Performing Arts at Wellesley High School**  
**Ms. Hernandez**  
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**DANCE**  
**Course Syllabus**

**Intro to Dance**

This semester-based course will give students an introduction to dance fundamentals. Students will be exposed to various dance techniques and styles ranging from Ballet, Modern, Contemporary, Jazz, West African, Latin, and Hip Hop. Students who take this class will be introduced to improvisation and flexibility and better understand body alignment and gain versatility through movement.

**Goals**

Students who complete this course will:

1. Identify and demonstrate basic movement vocabulary.
2. Recognize and apply fitness concepts, principles, and vocabulary.
3. Recognize and be able to verbally articulate the differences in dance styles based upon origins, music, and body articulation.
4. Demonstrate the different styles of dance physically
5. To identify and apply aspects of dance performance e.g., creation of the work, rehearsing and refining movement, costuming, staging, and the performance itself.
6. Develop movement phrase memorization skills

**Course Materials**

Textbooks will not be used in this course. All materials listed are the central sources for the course.

1. The instructor will supply reading materials as needed.
2. A glossary of dance terminology will be given to students.
3. Professional videos and DVDs will be shown in class pertaining to the study units.
4. When possible, opportunities will be available for the student to see live dance performances of local and international dance companies throughout the year.

**Course Outline**

The nature of a dance class is that the following skills and concepts are addressed throughout the year and are not confined to units or periods of time.

A. Technique

1. Introduction to beginning level technique, e.g., warm-up, combinations, balancing, leaps
2. Learning proper alignment for dance technique
3. Learning combinations that increase in technical complexity
4. Self-motivation/discipline skills
5. Memorization of techniques

B. Timing and Rhythm

1. Counting music
2. Identifying musical phrases
3. Understanding how tempo dictates the execution of movement

C. Performance Preparation

1. Learning to be a member of an ensemble
2. Introduction to rehearsal skills and theater terms.

3. Introduction to performing, movement quality, energy, clarity, and expressive style

D. History of Dance and Current Trends

1. Discussing the various periods of dance and leading choreographers.
2. Learning various dance styles
3. Compare and contrast dance styles
4. Using videos and live performances to develop the student's appreciation of dance
- 5.

E. Improvement in Fitness

1. Body awareness
2. Injury prevention
3. Dance conditioning