

Sullivan Dance Course Outline



Ms. Law – Room B008

law_katherine@surreyschools.ca

www.sullivandance.webnode.com

Sullivan dance twitter: @klaw6

Welcome to Dance & Performance! This class is designed to introduce you to the wonderful world of dance and performance and for those more experienced dancers, to strengthen your technique and performance skills! Throughout the term we will be working cooperatively to develop and expand dance vocabularies, view and critique performances, explore multiple genres/styles, improve technique and create choreography for stage. Be prepared to come to class with a positive attitude, an open mind and a willingness to try new things!

Course Materials

Please ensure that you consistently bring the following to class:

- Dance Notebook
- Pen or pencil
- Appropriate dancewear *
- Water (eco-friendly bottles, please!)
- Music when needed

*Please note that jeans and street-wear are not appropriate for the dance room. Dancers must have a change of clothes that allows for stretching and movement and will not impede their ability to fully participate in all aspects of the class. Bare feet or dance shoes are fine for all units with the exception of Hip Hop where students may wear runners with good support and a no-mark sole. TOMS, sandals and slip-ons are not acceptable.



Sullivan Dance Website & Twitter Feed

Please check-out and bookmark the Sullivan Dance website, www.sullivandance.webnode.com. All important updates, show details and program information will be posted regularly. Also, Sullivan dance is on twitter! Please follow me @klaw6 to receive additional course and Sullivan Heights updates and dance news! Use the hash tag #sullidance to stay in the loop, get videos, pictures, music and more!

"There are short-cuts to happiness and dancing is one of them!" — Vicki Baum

Learning:

Learning is an ongoing process that does not start or end with the bells or with a specific course assignment. As you develop a dance vocabulary and more kinesthetic awareness, start applying it to your own movement and technique and class choreography! Every time you are tuned in to your movement, the movement of your classmates and the ongoing process of corrections and feedback, you are growing as a dancer and that's what this class is all about!

Aim to work hard and to challenge yourself, keeping an open mind with regards to all the dance disciplines we will explore. Above all else, please treat one another with respect and courtesy and bring positive attitudes and a spirit of inclusivity to each and every class!

Be prepared to grow from your successes and your failures! Each of these two experiences should be viewed as an opportunity for learning, as development in dance is an ongoing process that is a culmination of effort, a positive attitude and focused practice!

During interim report week and the final week of classes, individual exit interviews will be conducted to discuss your learning, progress and growth as a dancer and reflect back on the term.



Absences:

Staying on top of choreography is extremely important in dance. Therefore, your presence in class is crucial to the success of the entire group. All excused absences need to be accompanied by a note and a concerted effort to learn what was missed. Any unexcused absences will be dealt with individually and more than 1 per term may result in removal from group choreography.

Any student who is injured, needs to supply a parent/doctor note and will be expected to observe class, taking technique and choreography notes in their dance journal. Missed choreography must be learned on your own time.

Course Policies & Classroom Rules

1. Arrive on time and be prepared to work.

You will have 5 minutes to change at the start and end of class. Please make sure you are in the dance room on time with all necessary materials ready! Late students need to enter quickly and quietly, change and join the warm-up or warm-up sufficiently at the side of the room before joining the class. Please make every effort to come to class on time.

2. Please respect the studio space, audio equipment and changeroom.

This is YOUR dance space and the only one we have! Please work to take care of it by wiping up any spills, throwing out garbage and treating the sound system with care! Please do not bring food or drink (other than water) into the dance room. If you do not know how to work the soundboard, please ASK before touching!

3. Participate fully and positively.

The course content is best learned through active participation. Maintain an open mind and have a positive attitude. Be ready to listen, learn and share your ideas.

4. Show courtesy and respect at all times.

- a) Be respectful of others' opinions, space and personal property as well as that of the studio space.
- b) Listen to whoever is speaking. Everyone has a right to participate as well as to be heard. Therefore, do not call out or speak over others.
- c) Rudeness, intolerance, discrimination, ridicule and other unacceptable behaviors will not be tolerated. This includes comments that are sexist, racist or homophobic in nature.
- d) Your behavior must not interfere with your own or anyone else's opportunity to learn, nor prevent me from teaching this class.
- e) Everyone is learning! Help each other and demonstrate your capacity to teach as well as to learn!

5. Take responsibility for your own learning!

Each day you will be faced with dozens of choices, some of them more difficult than others. Part of my responsibility is to HELP YOU make sound decisions about what goes on both inside and sometimes outside the classroom. Ultimately, however, YOU are the one who is RESPONSIBLE. Your success in this class depends on the choices YOU CHOOSE to make. Remember that learning and growth in dance is an ongoing process that is a culmination of effort, a positive attitude and focused practice.

IT'S ALL ABOUT THE CHOICES YOU MAKE 😊