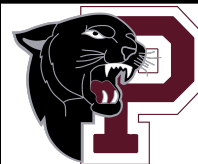


1st Nine Weeks Academic Calendar 2025-2026

High School Dance 1-4



42 Days

Week of August 11, 2025

Dance 1-2
Class syllabus, Expectations, Safety, Attire, Class Warm-Up, Dancers Energy Needs & Physical Conditioning

Dance 3-4
Class syllabus, Warm-ups, body alignment, coordination and Physical Conditioning

Week of August 18, 2025

Dance 1-2
Dance Etiquette, Spacial Awareness, BOY Testing, Macronutrients, Basic Technique & Physical Conditioning

Dance 3-4
BOY Testing, Warm-ups, Body alignment, Coordination and Physical Conditioning

Week of August 25, 2025

Dance 1
Monday: Basic Dance Technique Skills and Vocabulary: 1st Position Ballet, 2nd Position Ballet, 3rd Position Ballet on Right and Left, 1st Position Jazz, 2nd Position Jazz, Tendu and Passe, Turn Technique
Tuesday: Physical Conditioning
Wednesday: Review of Dance Basics and Turn Technique
Thursday: Physical Conditioning
Friday: Dance Basics Test
Dance 2
Monday: How to break down music
Tuesday: Pick a song and break down the music for a Warm Up
Wednesday: Videos on Warm Ups and what is involved for a complete warm up
Thursday: Put your warm ups to music
Friday: Test on warm ups

Dance 3-4
Warm Ups and Turn Technique and Physical Conditioning

Week of September 1, 2025

Dance 1-2
Monday: No School
Tuesday: Basic Muscle Anatomy and Chasse Technique across the floor
Wednesday: Anatomy Review and Chasse and Leap Technique
Thursday: Anatomy review and physical conditioning
Friday: Review Anatomy, Hydration Chasse and Leap Across the Floor

Dance 3-4
Monday: No School
Tuesday: Muscle Anatomy and Chasse and Jete Leap Review
Wednesday: Anatomy Review and Chainé Turns Across the floor and Chainé Technique
Thursday: Anatomy Review and Clean Chasse, Jete Leap, and Chainé Turns and Review and Peer Review
Friday: Test on Chasse, Jete Leap and Chainé Turns.

Week of September 8, 2025

<p style="text-align: center;">Dance 1-2</p> <p>Monday: Muscle Anatomy Review and Dance Terms: Releve, Plie, Develope, Battement, Review Chasse and Leaps Tuesday: Muscle Anatomy Review and Physical Fitness Wednesday: Muscle Anatomy Review and Dance Terms: Releve, Plie, Develope, Battement, Review Chasse and Leaps Thursday: Muscle Anatomy Review and Physical Fitness Friday: Test on Dance Basics 2</p> <p style="text-align: center;">Dance 3-4</p> <p>Monday: Muscle Anatomy Review, Basic Technique Review - 1st position ballet, 2nd position ballet, 3rd position ballet, tendu, develope, battement, across the floor high chaine/low chaine and prep for calypso leap. Tuesday: Muscle Anatomy Review, Basic technique review, across the floor turn combo. Wednesday: Muscle Anatomy Review, Basic technique review, across the floor calypso prep work Thursday: Muscle Anatomy Review, Basic technique review, leaps across the floor. Friday: Muscle Anatomy test and Basic Dance Test</p>
Week of September 15, 2025
<p style="text-align: center;">Dance 1-2</p> <p>Monday: Creative Dance Elements (B.A.S.T.E.) - taught Body, Action, Space, Time and Energy, they watched a video on time and rhythm, they got into lines and we worked on cannons/contagious/ripples to teach them about spacing and timing. Tuesday: Reviewed B.A.S.T.E. and they did a warm up video, Dance 1 - paired up and started learning choreography from a video on Dance Elements. Dance 2 - started choreographing a dance that shows the dance elements in small groups. Wednesday and Thursday: Reviewed B.A.S.T.E. and continued with learning/creating choreography. Friday: Test on choreography they learned or created showing B.A.S.T.E.</p> <p style="text-align: center;">Dance 3-4</p> <p>Monday: Reviewed B.A.S.T.E. and they broke up into small groups and started creating a 1:30 - 2:00 minute choreography piece using the Creative Dance Elements. Tuesday - Thursday: Continued creating choreography in small groups focusing on the Dance Elements Friday: Test on their choreography of the Dance Elements</p>
Week of September 22, 2025
<p style="text-align: center;">Dance 1-2</p> <p>Monday: Folk Dance - watch videos of different Folk dances then choose a folk dance and learn 45 sec from the video. Also, write a 200 word essay on the folk dance you chose, the history behind the folk dance, why you chose the folk dance, what you liked about the folk dance you chose. Tuesday - Wednesday: Work on learning your folk dance choreography and write your essays. Thursday: Test on Folk Dance Choreography Friday: Homecoming - turn in your essays</p> <p style="text-align: center;">Dance 3-4</p> <p>Monday: As a group create a 1:30 Disco dance using the Elements of Dance. Tuesday - Wednesday: Work on the group dance Thursday: Test on the group Disco Dance Choreography Friday: Homecoming</p>
Week of September 29, 2025
<p style="text-align: center;">Dance 1</p> <p>Monday: Warm Up, Learn Boot Scootin Boogie Line Dance and the first part of Tamia "Can't Get Enough" Line Dance, Cool Down/Stretch. Tuesday: Warm Up, Learn the rest of Tamia "Can't Get Enough", Review Boot Scootin Boogie and start to learn Footloose, Cool Down/Stretch. Wednesday: Warm Up, Finish learning Footloose, learn Yeah and review Boot Scootin Boogie and Can't Get Enough, Cool Down/Stretch. Thursday: Warm Up, Learn Jerusalema, Review Yeah, Boot Scootin Boogie, Can't Get Enough and Footloose, Cool Down/Stretch.</p> <p style="text-align: center;">Dance 2</p> <p>Monday: Research and pick a line dance that you don't know. It has to be a 32 count 4 wall line dance. You will teach it to the class on Friday for a grade. Tuesday: Warm Up, turn in your line dance title, start learning your line dance to teach on Friday, Cool Down/Stretch. Wednesday & Thursday: Warm Up, continue learning your line dance to teach on Friday, Cool Down/Stretch. Friday: Warm Up, test/teach line dances to the class, Cool Down/Stretch.</p> <p style="text-align: center;">Dance 3-4</p> <p>Monday: Intro to Sound Trap and mixing music. Login into Sound Trap, watch the "How to Videos" in Google Classroom. Pick 2 songs that you will mix together. Tuesday - Thursday: Pick 2 songs and mix them together, mix has to be a smooth transition and beats have to match up from one song to the other. Friday: Finish mixes and turn in your music.</p>

Week of October 6, 2025
Dance 1-2 9 Weeks Testing on Monday & Tuesday - test will be on line dances Wednesday: Dance 3-4 Technique Training in Ballet, Jazz, Modern/Contemporary, Cultural Dances and Physical Conditioning