

## Dance 1

2025 - 2026

VHS Dance Dept.

Dance Studio – MPR, Rm. 5005

Mrs. Holly Lyons ([Holly.Lyons@leanderisd.org](mailto:Holly.Lyons@leanderisd.org))

**GOOGLE CLASSROOM CODE:** **kara5uuw**

**Course Description:** Level I dance techniques and principles of dance.  
Physical Education, health & science-related highlights such as physical fitness assessment, nutrition, and anatomy.

### **Objectives:**

1. To learn self-discipline, self-confidence, and dedication through dance using the body as an expressive instrument
2. To explore different dance styles and techniques through various exercises in movement
3. To increase flexibility, strength, balance & coordination
4. To learn concepts relating to anatomy, movement, and conditioning
5. To improve muscular and skeletal alignment
6. To improve kinesthetic awareness
7. To improve rhythmic accuracy
8. To gain skill in observing movement, both from classroom & performance experiences
9. To develop a dance vocabulary
10. To have an enjoyable movement experience

### **Classroom Rules and Expectations:**

1. **Please NO** Food, drinks, gum, or candy in the dance studio or locker room.
2. Throw trash away in the trash cans.
3. Always be respectful and courteous to those around you.
4. You must dress for dance **AND** participate to receive full credit in class.
5. No personal devices. They should be in your bag in the locker room.

### **We will cover the following units throughout the year:**

#### **FALL SEMESTER:**

Intro to Dance & foundational technique	(2 wk unit)	August
<b>Ballet Unit:</b>		
Body Awareness/Anatomy	(1 wk unit)	September
Ballet (history & movement)	(3 wk unit)	September
<b>Jazz Unit:</b>		
Jazz (history & movement)	(3 wk unit)	October
<b>PE Unit &amp; Fitnessgram:</b>		
Physical Fitness Assessment/Nutrition	(1 wk unit)	October
Halloween Fun/Jazz	(1 wk unit)	October
<b>Hip Hop Unit:</b>		
Hip Hop (history & movement)	(3 wk unit)	November
- Thanksgiving Break -		
World Dance Project	(1 wk unit)	December
Pro Style/Commercial Dance combos	(1 wk unit)	December
Technique Assessment & Summative Reflection	(1 wk unit)	December

**SPRING SEMESTER:**

Dance Conditioning (yoga, etc.)	(1 wk unit)	January
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**Contemporary Unit:**

Lyrical/Modern (History & movement)	(3 wk unit)	January
Dance Magazine Project	(1 wk unit)	February
Commercial Dance	(3 wk unit)	February

**Production/Performance Unit:**

Production/Performance Unit - Spring Show	(3 wks)	March
- Spring Break -		
Production/Performance	(3 wk unit)	March-April
Spring Show Performance	(1 wk unit)	April
Choreography/Create your own music video	(3 wk Unit)	May
Technique/Final Assessment & Summative Reflection	(1 wk unit)	May

**Your grade is determined as follows:****Participation**

This includes DRESSING OUT for class every day and fully participating in dance class to your best ability. You must dress out to receive full dance class participation credit.

**Performance**

This includes any dance performances, dance skills test, and PE skills test.

**Knowledge**

This includes any written work, tests & projects

**Class Required Dancewear:**

You must dress out in proper dance attire in order to receive full dance class participation credit. You are required to wear the following attire:

**Ladies:**

Black dance tank and leggings  
Black Sports Bra  
Jazz shoes/turners (tan)

**Gentlemen:**

Black or White slim Tshirt  
Black Sweatpants  
Jazz Shoes (tan or black)

**\*\*You will wear this for class, skills test, auditions & dance performances.**

**Important Dates:****2<sup>nd</sup> day of class – DRESS OUT!****Sept 2 - All dance students must have required dance attire for class.**

August/September - Homecoming Mum supplies online & after school in the cafeteria.

Sept 10 – Homecoming Parade & Pep Rally at the stadium. 6pm

Sept 12 - Homecoming, 7:00pm

Sept 13 - Homecoming Dance 8pm

Nov 4 - Dance Clinic @ VHS (register online [www.vhslegacies.org](http://www.vhslegacies.org))

**November 13 - IF YOU WANT TO TRYOUT FOR LEGACIES/VISION – mandatory parent meeting in VHS PAC, 7pm**

**Dec 2-3 – Legacies/Vision Audition Clinic**

**Dec 4 - Optional practice workshop**

**December 8 - Legacies/Vision MOCK Auditions**

**December 9-10 - Legacies/Vision Auditions 4:45pm**

December 19 - Last Day of Fall Semester

March 16-20 - Spring Break

**April 22 - Spring Show Dress Rehearsal, MANDATORY (this is your end-of-year performance and major grade)**

**April 23 – Spring Show, MANDATORY (this is your end-of-year performance and major grade)**