

Dance I

This is a beginning level dance course, which builds dance knowledge and skills in technique, improvisation, choreography, artistic impression, performance, history, culture, life skills and connections to other curricular areas. Dance is a universal language, an expression and vibrant art with the capacity to unify the physical, mental, social, emotional, aesthetic, and spiritual. Students will participate daily in activities designed to improve balance, flexibility, strength, endurance, eye-hand-foot-coordination, and teamwork. Gain knowledge in dance vocabulary and a physical understanding of dance techniques and styles. Students are given the opportunity to perform in class and in the dance concert.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: Fine Art/PE/Elective

Prerequisite: None

Dance II

Students will review and perfect basic techniques taught in Dance I and learn additional techniques. Emphasis will be on studio production. This course is designed to develop higher-level thinking, art-related technology skill, art criticism, art history, and aesthetics. Emphasis will be on choreography. Students will have the opportunity to perform in front of the class and in the dance concert. Course is repeatable.

Course Details:

Grades: 10th-12th

Credit: 0.5

Credit type: Fine Art/PE/Elective

Prerequisite: Dance 1

Dance III

Students will learn advanced dance techniques and choreography. Students will have the opportunity to perform in front of the class and in the dance concert. Course is repeatable.

Course Details:

Grades: 10th-12th

Credit: 0.5

Credit type: Fine Art/PE/Elective

Prerequisite: Dance 1, & 2, Dance Company and/or Teacher permission.

Dance Company

Dance is a universal language, an expressive and vibrant art with the capacity to unify the physical, mental, social, emotional, aesthetic, and spiritual. This company level dance course builds dance knowledge and skills in technique, improvisation, choreography, artistic expression, performance, history, culture, life skills, and connections to other curricular areas. Students are given the opportunity to be part of a performance team, perform and compete in various ways. Students will attend master classes and dance festivals. Perform in the dance company concert, for local elementary schools, and in the school-wide dance concerts, etc. This is an audition class. Course is repeatable.

Course Details:

Grades: 10th-12th

Credit: 1.0

Credit type: Fine Art/PE/Elective

Prerequisite: Teacher permission only.

Course Fee: Fee Associated plus all costs associated with performance.

Dance Conditioning

This course is designed to help students integrate activity-specific skills into their lives. Students will participate daily in activities designed to improve balance, flexibility, strength, endurance, eye-hand-foot coordination, and teamwork. They will gain a physical understanding of dance conditioning techniques. Students are given the opportunity to improve flexibility, tone and strengthen muscles, reduce stress, lower heart rate and blood pressure, decrease lower back problems, and to improve posture, coordination, sleep and rest, self-image, and promote exercise habits. Students will learn aerobic dance activity and be given the opportunity to attend a field trip to better understand how to get involved in a healthy lifestyle. During this course the students will design and teach a workout. Course is repeatable.

Course Details:

Grades: 10th-12th

Credit: 0.5

Credit type: Fine Art/PE/Elective

Prerequisite: None.

Beginning Social Dance

This course is designed to not only improve knowledge and skills related to social dance but to also build confidence in social atmospheres. Develop an appreciation of the role of social dance as a recreational lifetime activity. This course introduces the general student to the lifetime recreational activity of social dance. Students will understand the basic principles of leading and following. Emphasis will be placed on identifying meter and rhythm of music and increasing coordination in footwork. Understand and be able to demonstrate basic rhythmic skill. Students will explore various aspects of social dance forms. Students will do a lot of group work in this class to not only increase development but also to increase enjoyment. Students are given the opportunity to perform in class and in the dance concert. Course is repeatable.

Course Details:

Grades: 9th-12th

Credit: 0.5

Credit type: Fine Art/PE/Elective

Prerequisite: None.