



Course Name: Modern Dance I

Instructor: Ms. Asia Martin

Phone: (530) 487-1616

Tutorial Days: Wednesdays 3:45-4:45

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Tutorial Location: Auditorium/Dance

Studio - [Virtual/Zoom Link](#)

Text Book: No text book required.

Conference Information: Teachers' planning periods and other available times, including Tuesdays and Wednesdays, 2:30-3:30

51.04100

Course Description: Introduces basic concepts and skills of modern dance technique including shape, form, line, contract and release, fall and recovery, coordination, balance, core support, clarity of movement, and weight shifts. Students explore individual expression and creativity. Stresses aesthetic perception, creative expression, and performance, with a connection to historical/cultural heritage and aesthetic analysis (e.g. traditional modern, post-modern, Afromodern, contemporary).

Major Standards:

DHSMOD1.PR.2 Understand and model dance etiquette as a classroom participant, performer, and observer. a. Demonstrate attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment. b. Demonstrate concentration and focus and help to maintain a respectful performance environment for others.

DHSMOD1.PR.3 Recognize concepts of anatomy and kinesiology in movement. a. Understand major muscles involved in external rotation (turn-out), parallel position, and important related alignment principles involved in proper execution. b. Recognize that proper alignment facilitates efficiency of movement. c. Understand imagery (ideokinesis) and its ability to increase efficiency of movement.

QUARTER ONE/THREE

Unit of Focus for Week 1-2 - "Dance and Well-Being"

DHSMOD1.CN.2 Recognize connections between dance and wellness. a. Explain how health and nutrition enhance modern dance ability. b. Define the elements of personal safety in modern dance. c. Demonstrate respect for personal well-being and the well-being of others. d. Describe how modern dance builds physical and emotional well-being (e.g. positive body imaging, physical goals, creative goals, focus/concentration).

Unit of Focus for Week 3-8 - “Modern Dance Concepts”

DHSMOD1.PR.1 Identify and demonstrate movement elements, skills, and terminology in dance. a. Execute an introductory-level modern-based warm-up related to strength, muscular endurance, and flexibility (e.g. flat backs, roll downs, contract/release, fall/recovery). b. Demonstrate an understanding of basic modern dance terminology and technique.

f. Identify dance vocabulary from codified modern techniques (e.g. Horton, Graham, Cunningham, Limon, Taylor, Bartenieff fundamentals).

Unit of Focus for Week 9 - “Modern Dance Choreography”

DHSMOD1.PR.2 Understand and model dance etiquette as a classroom participant, performer, and observer. c. Exhibit ability to perform with focus and concentration, and attend rehearsals and classes in preparation for performances. d. Exhibit initiative in modeling appropriate behaviors and skills as an audience member and dance observer, and understand the role of an arts patron.

QUARTER TWO/FOUR

Unit of Focus for Week 10-14 - “Modern Dance Choreography” (cont.)

DHSMOD1.CR.1 Demonstrate an understanding of creative/choreographic principles, processes, and structures. a. Identify the elements of choreography. b. Discuss ways to document dance choreography (e.g. photography, video, writing computer programs). c. Manipulate the elements of personal choreography. d. Recognize a variety of structures and/or forms (e.g. AB, ABA, cannon, call-response, narrative).

Unit of Focus for Week 15-18 – “Creating Modern Dance”

DHSMOD1.CR.2 Demonstrate an understanding of dance as a form of communication. a. Recognize how the use of choreographic structure is used to communicate meaning in a dance. b. Demonstrate the use of theme through movement.

DHSMOD1.PR.4 Understand and apply music concepts to dance. a. Investigate syncopation, polyrhythms counterpoint, and call-response within instructed and created dance phrases. b. Phrase movements artistically, aesthetically, and musically.

DHSMOD1.RE.1 Demonstrate critical and creative thinking in all aspects of dance. a. Critique movement qualities and choreography using the elements of modern dance (e.g. spatial design, variety, contrast, clear structure). b. Observe and formulate opinions about the quality of dances on the basis of established criteria. c. Engage in self-reflection and self-assessment as creator and performer.

****Please refer to my teacher website for updates and any forthcoming information.***

Evaluation and Grading:

Homework - 5%
Summative Assessments - 20%
Classwork/Quizzes - 35%
Performance Tasks/Class Participation - 20%
Cumulative Final Exam/Project - 20%

Final Exam/Project: “Choreograph a Dance”

Students will choreograph a dance for their peers to be performed in an informal or public performance **during the final three weeks of the semester**. They will be responsible for all aspects of choreographing, from inception to performance. They will record their process in a reflection journal/critique.

Behavioral and Academic Expectations:

“Do all things in LOVE. Do all things in ORDER. Do all things to the very BEST of your ability.” - Ms. Martin

Overall Expectation: Students are expected to give their very best daily. Showing up as our “best selves” encompasses having an attitude that is **teachable** and being **focused** on the task at hand.

Absences: Students with excused absences will be allowed to make-up those absences. Each student is personally responsible for any assignments missed. Students are also responsible for scheduling make-up exams with the teacher. Missing a make-up appointment will result in a zero for the exam until student reschedules.

Tardies: Please do not be tardy to class. It is disruptive to the class and will result in a loss of participation points. Students who are not inside the studio/virtual learning space (Zoom) when the late bell rings or who arrive late to roll call will be considered tardy and may lose participation points. Students who miss more than 1/2 of class time will be counted as absent.

Non-Dresses: A non-dress results when a student does not wear the complete required uniform as outlined below. All non-dresses will result in a loss of participation points. A student may still participate in class if the non-dress attire permits safe and full participation in the class. If not, the student may not participate and will lose participation points.

Make-Up Work: Students are responsible for all assignments/quizzes/tests missed. Make-up assignments must be completed and submitted on the specified due dates, and should be emailed from home if you are absent on the due date.

Late Work Policy: Students are expected to turn in assignments when the teacher asks for them. Any work turned in after the class period (including the same day) is considered late and points may be deducted.

Injured/ Long Term Illness/ Medical Excuses: If a student is injured and unable to participate in class, the student MUST have a note to excuse her/him. The note may be from a doctor, parent, school nurse, or athletic trainer. If the excuse is for more than three (3) consecutive class periods, the student must bring a doctor's note. Once a doctor's note has been received for an injury, the student MUST provide a doctor's note for clearance to resume participation. **Any time a student does not fully participate in class she/he will lose participation points unless the non-participation is excused. Student may be required to complete an alternative assignment,** which is due at the end of the period each day.

Intervention Strategies: Students who perform at the beginning or developing level on standards may demonstrate mastery using assignments provided by the teacher.

Academic Integrity Statement: Academic dishonesty is the failure to maintain academic integrity. Academic dishonesty includes but is not limited to: cheating, (using or attempting to use unauthorized materials, information, or study aids in any academic exercise); fabrication, (falsification or invention of any information or citation in an academic exercise); bribery offered for grades, transcripts, or diplomas; obtaining or giving aid on an examination; having unauthorized prior knowledge of an examination; doing work for another student, presenting another student's work as one's own; and plagiarism. **Students will be subject to penalization if proven to be academically dishonest.**

***Please note that dance is a very physically demanding activity.** Success in dance class is heavily dependent on daily participation and making up points from frequent non-participation can be time-consuming. If you suffer from a chronic or recurring physical injury you should consider taking a different course to fulfill your graduation requirements or taking this class at a later time when you have healed completely.

***Tactical Teaching: Dance teachers frequently find it necessary to give hands-on instruction in order to correct technique and benefit the dancers.**

If you have any problems with this please talk to your teacher during the first week of class so that accommodations can be made.

Materials Required:

- 1. Dance Bag: should hold daily class attire, hygiene products, hair ties, etc.**
- 2. Proper Dance Attire: All attire must adhere to the FDHS Dress Code.**

Females

-Hair: All hair must be pulled up off the face and neck for class. Keep extra **hair ties** in your dance bag.

-Bottoms: Fitted black leggings/yoga pants or dance tights (skin tone or black). Leggings are preferred, but yoga pants, fitted sweat pants, or jazz pants are acceptable. **Ensure that leggings/tights are opaque (nothing can be seen through them).**

-Tops: Snug-fitting tee shirt, leotard, or tank top. **Solid black preferred.**

ABSOLUTELY NO spaghetti straps, revealing necklines, crop tops, or bra straps showing. Length must cover belly and lower back when bending/stretching.

Males

-Hair: All hair must be pulled up off the face and neck for class.

-Bottoms: Black joggers, shorts, sweats, or men's jazz pants and athletic briefs or dance belt (to be worn beneath attire)

-Tops: Tank top or snug-fitting tee shirt. **Solid black preferred.** Length must cover belly and lower back when bending/stretching.

ABSOLUTELY NO large or torn arm holes.

-Footwear: No specific dance footwear is required, however many dancers prefer to dance in socks (preferably black) or Foot Undeez.

- 3. Dance Journal/Composition Notebook (accessed virtually through Google Classroom/may opt for physical book instead)**

**Please sign no later than Monday August 16, 2021.
This must be signed by your parent/guardian and yourself.**

Parents/Guardians: Both student and parent/guardian signatures are required to participate in Frederick Douglass High Dance. Your signatures indicate a clear understanding of all class requirements and an agreement to abide by class policies. Please contact the teacher with any questions.

Click here to sign:

<https://docs.google.com/forms/d/1PLcRLNu7o9bRsgciG2Viosam8lRBbl3kZHZbDiCOwTE/edit>

Must be signed and turned in by Monday August 16, 2021 in order to participate