



Course Name: Modern Dance

Instructor: Ms. Asia Martin

Phone: (530) 487-1616

Tutorial Days: Tues/Thurs 4:00-5:30pm

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Tutorial Location: Dance Studio - [Virtual](#)

Semester: Fall 2020

Text Book: N/A

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.

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.

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

Corresponding Standard - 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 2-6 - "Modern Dance Concepts"

Corresponding Standard(s) - 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 7-9 - “Modern Dance Choreography”

Corresponding Standard(s) - 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).

d. Recognize a variety of structures and/or forms (e.g. AB, ABA, cannon, call-response, narrative).

***Please refer to my teacher website as updates, units of focus, and forthcoming projects and assignments will be updated weekly.**

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.

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 selves daily and to receive the same in return from their instructor. 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 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 will lose 2 participation points for the day. Students who miss more than ½ of class time will be counted as absent. Students may not make-up points lost due to tardies.

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 for the day. 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 ALL participation points for that day.

Make-Up Work: Students are responsible for all assignments/quizzes/tests missed. Make-up Assignment sheets are always available on my website. 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.

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 for the day. If the non-participation is excused, she/he will be required to dress out for the period and complete an alternative assignment, which is due at the end of the period. ALL students are expected to dress out in required attire EVERYDAY, regardless of injury, illness, or non-participation.**

***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. 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. 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, sweats, or men's jazz pants. No long shorts.

-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, ABSOLUTELY NO holes) or Foot Undeez.

2. Dance Journal/Composition Notebook (accessed through Google Classroom virtually)

**Return this bottom portion no later than Monday August 31, 2020.
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.*

Class Period: _____

Student Name: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Must be signed and turned in by Monday August 31, 2020 in order to participate