



4th Period: Beginning Dance for All Abilities 2024-2025

Teacher Contact Information

Teacher Name: Courtney Wadman



About Me:

I have been teaching dance full-time at Nevada Union since 2010. I was selected by my students and administrators to receive the “Teacher Who Makes a Difference” award. I’ve trained in classical and contemporary dance styles since the age of 3, and I was in the Advanced class at Nevada Union all 4 years of high school. I attended college in Southern California at Chapman University, where I received a BFA in Dance Performance as well as bachelor’s and master’s degrees in English/Creative Writing. I’ve taught at private studios, public schools, and community colleges. I am also a certified Pilates Mat instructor. As an educator, I want to help my students reach their full potential and to develop a lifelong love for the beautiful art of dance.

Contact Information:

Email: cwadman@njuhsd.com (preferred method of contact)

Office Phone: (530) 273-4431 ext. 2103

Website: www.nevadauniondance.com

Course Description

This accessible, inclusive course is designed to introduce beginning level dancers of all physical and cognitive abilities to a variety of movement styles. Students will experience a fun, supportive, and uplifting dance workout with a focus on connection and collaboration. Students will develop technique, composition skills, and performance skills through choreography. Performance opportunities are optional for our fall and spring dance concerts. Students with moderate/severe special needs will be partnered with general education students for group projects, performance critiques, goal tracking logs, and class activities. Students will study dance history and dance in world cultures. Students will also explore careers in and related to dance.

Essential Learning Outcomes (ELOs)

1. Students develop technical proficiency in a variety of dance styles and demonstrate understanding of essential skills.

2. Students apply knowledge of dance vocabulary in movement and in descriptive analysis.
3. Students work independently and collaboratively to apply choreographic principles, processes, and skills.
4. Students create and communicate meaning through improvisation, composition, and performance of dance.
5. Students develop SMART goals for fitness, nutrition, self-care, and dance, measuring their progress and reflecting on their goals.
6. Students apply dance science principles in cross-training and conditioning classes to enhance performance, reduce injury, and improve well-being and health.
7. Students analyze the function and development of dance in past and present cultures throughout the world, noting human diversity as it relates to dance and dancers.
8. Students critically assess and derive meaning from works of dance, performance of dancers, and original works according to the elements of dance and aesthetic qualities.
9. Students make connections between dance, history, culture and other subject areas. They also explore careers in and related to dance.

Participation Expectations

- Be on time for class and actively participate for the full class period.
 - Note: General ed students will be assigned to assist students with moderate/severe special needs. You will arrive at the special ed classroom 1-2 minutes before the bell rings, and you will walk your assigned students to either the girls' locker room, or for boys, the dance studio. Boys will change in the dance costume closet or the g-wing bathrooms, and girls will use the locker room. You will have 7 minutes at the beginning of the period to change into exercise clothing and walk to our dance studio together. There are showers and bathrooms in the locker room.
 - Class will be dismissed 20 minutes early to change in the locker room. General ed students will walk with their assigned students to the cafeteria to get lunch. Stay with your assigned student and staff until the bell rings for lunch.
- Wear exercise or PE clothing to class. Long hair must be tied back in a ponytail, bun or braid. No street shoes or gum on the dance floor. Socks/dance shoes are recommended for technique and across the floor progressions.
- Be kind and respectful to your classmates and teachers. Demonstrate a positive attitude and a growth mindset in your dance training.
- Maintain strong focus in all class activities for the full class period. Listen attentively to instructions and feedback. Be a positive role model for others.
- Class periods are worth up to 10 participation points. You will receive full credit if you are on time, prepared for class (exercise clothes & hair), and actively participating to the best of your ability. Points will be deducted if you are late, unprepared, or disruptive. Excellent attendance is important in this class!
- Since Beginning Dance is a physical participation class, consistent attendance and active participation are essential. If you are unable to physically participate due to injury, you must present a note from either a parent/guardian or doctor to excuse you from participation for the day. You will receive up to 7/10 participation points for sitting out and taking written observation notes. If you are able to do modified

participation (exercise seated on a mat on the side of the room), then you can be eligible for full credit for participation each day. Modified activity is always preferable to sitting out and observing class.

- If you are absent from class or unable to physically participate, please contact me for appropriate make-up work. You may make up class participation points by attending a Flex period, participating in rehearsals or performances, or by completing another pre-approved make-up assignment, such as an extra live performance critique.
- Please use the bathroom during passing periods or in the locker room during changing time whenever possible, not during class. It is essential that gen ed students be present the full period to assist and work alongside our special needs students.

Grading Policy

Class Participation & Citizenship: 60%
Assessments (Quizzes/Tests/Exams): 20%
Writing Assignments & Projects: 20%

Late Work Policy

Please turn in assignments on or before the due date. Keep up with your work so that you don't become overwhelmed with missing assignments. However, I will accept late work until the end of the grading period.

Class Supplies

- Combo Lock for the Locker Room (for Dance/PE clothes & supplies only)
- Water Bottle labeled with your first and last name
- Slip on shoes to walk to/from the locker room & dance room
- Exercise clothes/PE clothes (NO skirts/dresses, jeans, or regular school clothes allowed). Please change into exercise clothes with stretch that allow you to move freely during dance class.
- Socks, dance shoes, dance paws or bare feet only on the marley dance floor. Clean-soled sneakers are allowed for hip hop, as long as they are not worn outside. (Street shoes track in dirt, glass, pebbles, etc.)

Performance Opportunities and Resources

N.U. Dance Performances (optional for Beginning Dancers) in the Don Baggett Theater:

- *Fall for Dance:*
 - TECH Rehearsals: November 4-8 (During dance period class time)
 - DRESS Rehearsals: November 12 & 13: 3:30-5:30pm
 - PERFORMANCES: November 14, 15, & 16 at 7pm (cast call 6pm)
- *Student Choreography Showcase:*
 - TECH Rehearsals: Feb 11-13 (During dance period class time)
 - DRESS Rehearsals: Feb 18 & 19: 3:30-5:30pm

- PERFORMANCES: February 20, 21, & 22 at 7pm (cast call 6pm)
- *Spring Dance Concert:*
 - TECH Rehearsals: April 22-26 (During dance period class time)
 - DRESS Rehearsals: April 28, 29 & 30: 3:30-5:30pm
 - PERFORMANCES: May 1, 2, & 3 at 7pm (cast call 5pm)

If you sign up to perform in the show, then tech/dress rehearsals as well as all performance dates are MANDATORY - no absences allowed.. Tech/Dress rehearsals are considered equally important to the shows themselves. I will provide a schedule of tech/dress rehearsal dates/times and required costume items with the performance contract for each show.

NU Dance Performances, Events, Calendar, and Tickets:

<https://www.nevadauniondance.com/>

Follow our Page on Facebook: <https://www.facebook.com/nevadauniondance/>

Instagram: <https://www.instagram.com/nevadauniondance/>

DANCEWEAR

- We have a limited supply of gently used dancewear that you can borrow for this school year, if you need exercise clothing. We will also have a limited supply of gently used leotards and leggings available for \$5 purchase.
- You can purchase online at Discount Dance Supply:
<https://www.discountdance.com/search/teacherid:43272?tp=43272>
 - Support our school by entering Teacher Code **43272** at online checkout