



Beginning Dance 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 course is designed to introduce beginning level dancers to a variety of styles, including jazz, contemporary, modern, hip hop, ballet, and theatrical dance. Students cross-train in Pilates and stretch/strengthen conditioning classes. Students will develop technique, composition skills, and performance skills through choreography. Performance opportunities are optional for our fall and spring dance concerts. Students will complete performance critiques, goal tracking logs, and choreography projects. Students will study dance history and dance in world cultures. Students will also explore careers in and related to dance. Students must attend at least one live performance per semester to complete written critiques.

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/dance, nutrition, and self-care, 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.
10. Students demonstrate development in SEL competencies in self and social awareness, self management, relationship skills, and responsible decision making in rehearsal and daily activities.

Participation Expectations

- Be on time for class and actively participate for the full class period.
 - Note: You will have 5 minutes at the beginning & end of the period to change into dancewear/form fitting exercise clothing in the locker room. There are showers and bathrooms in the locker room.
- Wear form-fitting exercise clothing to class. Leotards are recommended for technique classes. It is important for the lines of the body to be visible for injury prevention. 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.
 - If you are unprepared with exercise clothes, you need to borrow them from the locker room for the day (shareware checkout form in my office). You must change into exercise clothing for every dance class.
- 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.
- 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.
- 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 5 classes per semester (50 points) by attending a Flex period to dance/practice choreography, attending an enrichment class or voluntary rehearsal, 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.

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. Please complete all assignments to the best of your ability, and if needed, schedule a FLEX day in dance to make up missing assignments.

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
- Form-fitting exercise clothing/dancewear (NO baggy coverups, skirts/dresses, or jeans allowed). Please wear leggings, leotards, tank tops or form fitting shirts that have stretch and 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.)

Optional 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: 3:30-7pm
 - PERFORMANCES: November 14, 15, & 16 at 7pm (cast call 5pm)
- *Spring Dance Concert:*
 - TECH Rehearsals: April 22-25 (During dance period class time)
 - DRESS Rehearsals: April 28, 29 & 30: 3:30-7pm
 - PERFORMANCES: May 1, 2, & 3 at 7pm (cast call 5pm)

Performances for beginning dance are not required, but you can receive extra credit if you choose to participate. Students and parents/guardians will need to sign a performance contract to participate. "Countdown" is the term we use for the critical weeks of classes and major rehearsals leading up to the production. It is very important to attend classes

and rehearsals during the countdown period, when we are in the theater for class/rehearsal. Please schedule appointments (e.g. dentist, doctor, etc.) around your dance class periods & rehearsals, so you do not miss out on important show preparations. Your body needs consistent training, and performance notes are reviewed daily in classes and rehearsals. Tech and Dress Rehearsals are equally important to the public performances and will therefore be considered essential to your eligibility to perform.

NO absences are permitted from tech/dress rehearsals or performances with the exception of a verifiable, life-threatening emergency. If you become suddenly ill during “countdown” and cannot attend class/rehearsal, then you will not be able to perform in the show. If you are absent from a tech rehearsal, you will be cut from the individual dance(s) you missed. If you are absent from a dress rehearsal or performance, then you will be ineligible to perform in any subsequent performances (with the exception of a verifiable, life-threatening emergency). Special circumstances for absences during the school day (e.g. college visit/AP test/school function) may be excused for during the school day class periods/assembly performances only -with advanced communication - NOT for after-school tech/dress rehearsals or public performances.

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/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