

PE Advanced Dance

Grades 9-12

PE Advanced is designed for students with prior dance experience and advanced skills in dance technique and performance. Students will continue to develop advanced movement skills and demonstrate proper alignment, agility, balance and strength in multiple genres. Dance genres include ballet, tap, jazz, hip hop, musical theatre, lyrical and more. Student choreography projects will be showcased in our show. Students will be expected to write in this class by way of personal reflection, dance notation, and concert critiques. Students will perform in our end of the year dance show. Attendance at rehearsals and performances is mandatory.

Necessary Skills

Upon entering the course, students should be able to:

- Audition is required for this course (Audition usually in April)
- Take notes and organize a notebook independently and routinely
- Perform in various dance genres
- Choreograph short combinations

Workload Expectations

- One hour a week is dedicated to fitness
- Complete folder assignments with various course relevant fitness and dance topics
- Write dance critiques, and personal reflections and choreography
- Complete fitness tests (mile run, flexibility sit & reach, curl ups, push-ups, and BMI)
- Design a month long personal fitness plan tailored to personal goals in dance and fitness
- Complete group and individual choreography projects
- Attend after school rehearsals the week of the dance show (in May)

Course Notes

10 units

Level of Difficulty: Challenging

Recommended Preparation

Audition Required
PE Intermediate Dance or Studio Training.

Estimated Homework

0-10 minutes weekly. Any unfinished folder work will need to be completed at home. Homework lengths will differ according to a student's reading and writing proficiency.

Learner Profile

Successful RBV Dance students are:

- Motivated
- Open-minded
- Caring
- Reflective
- Responsible

Course Objectives

This course is designed to improve students dance skills and increase knowledge in dance, choreography and performance.

