

High School Dance Performance

Amy Kolbenschlag
amyk@gatewayacademystl.com
Office #

Days: M/W/F
Time: 9:00-9:45am

Course Description: This class is yearly and is a performance based class and will focus on the technique of performances in different styles of dance: Contemporary, Jazz, Ballet, Hip Hop, Lyrical, and Musical Theater. Performances in the dance showcase and end of the year production are required.

OBJECTIVES & GOALS:

- You will build upon foundational dance techniques
- You will learn and develop improvisational skills
- You will learn to develop your own movement phrases
- You will learn and practice different choreographies in Contemporary, Jazz, Ballet, Hip Hop, Lyrical, and Musical Theater styles of dance
- You will practice and perform fun and dynamic choreographies
- You will improve your self-confidence in your dance technique and movement exploration

RULES & EXPECTATIONS

- Be respectful of teacher, others, and studio space/equipment
- Arrive on time
 - You must arrive no later than 9:05am
 - 3 tardies equals 1 absence and will affect your grade
- No gum/candy/food (Only water)
- No phones/earbuds
- Wear appropriate attire
 - Ballet shoes, Jazz shoes, Sneakers for hip hop, bare feet/socks
 - Comfortable clothes to move in (must be form fitting and not baggy or loose)
 - NO DENIM! NO SLIDES/SANDALS!
 - I will allow 1 grace period; afterwards, I will deduct 10% from participation grade that day and it will increase another 10% each class after that

GRADING & ASSIGNMENTS

- Participation/attendance (60%)

- If you need to sit out for injury/sickness, then I must have a note from Mr. Wilson or a doctor
- Dance Showcase performance (20%)
- End of the Year Production performance (20%)

IMPORTANT DATES

- Dance Showcase performance- March 24th/25th (To be confirmed)
- End of the Year Productions- April 28th, 29th, 30th (To be confirmed)

STUDENT REQUIRED SIGNATURE:

I, _____, have read the above and understand my responsibilities in this class. I will do my best to abide by the rules and expectations and will notify the teacher of any concerns or issues.

Student signature: _____

Date: _____

Middle/High School Dance Technique

Amy Kolbenschlag
amyk@gatewayacademystl.com
Office #:

Days: M/W
Time: 9:45-10:30am

Course description: This class is yearly and will focus on the techniques of Ballet and Jazz dance. Both are foundational and will improve posture, balance, coordination, strength, and flexibility for dancing. A more detailed description of each genre is included...

Ballet: Ballet focuses on building a strong foundation of ballet technique: proper alignment, correct use of turn out, strong core, and flexibility. Each class will start with barre exercises to build correct posture and technique, then move to center exercises to build upon barre exercises, and finally, with simple combinations of adagio and allegro to practice implementing skills learned.

Jazz: Jazz dance combines the technique of ballet and modern dance with other forms of contemporary dance. It includes body isolations, strength, flexibility, and coordination. It has an emphasis on musicality and precise movements of arms and legs, as well as progressions with turns, kicks, and leaps.

OBJECTIVES & GOALS:

- You will learn the foundation and have the understanding of basic ballet and jazz techniques
- You will be able to identify basic vocabulary for ballet and jazz techniques
- You will practice combining ballet steps together to form combinations
- You will practice combining jazz steps together to form combinations
- You will have a strong foundation to build upon for other dance forms
- You will improve your self-confidence in your dance technique and movement exploration

RULES & EXPECTATIONS:

- Be respectful of teacher, others, and studio space/equipment
- Arrive on time
 - You must arrive no later than 9:50am
 - 3 tardies equals 1 absence and will affect your grade
- No gum/candy/food (Only water)
- No phones/earbuds
- Wear appropriate attire
 - Ballet shoes, jazz shoes, or bare feet/socks

- Comfortable clothes to move in (must be form fitting and not baggy or loose) Think leotards, tights, leggings, tank tops, etc.
- NO DENIM! NO SLIDES/SANDALS!
- I will allow 1 grace period; afterwards, I will deduct 10% from participation grade that day and it will increase another 10% each class after that

GRADING & ASSIGNMENTS:

- Participation/attendance (50%)
 - If you need to sit out for injury/sickness, then I must have an excused note from Mr. Wilson or doctor
- Ballet vocabulary test (10%)
- Dance Showcase Ballet performance (20%)
- Dance Showcase Jazz performance (20%)

IMPORTANT DATES

- Dance Showcase- March 24th/25th (To be confirmed)

STUDENT REQUIRED SIGNATURE:

I, _____, have read the above and understand my responsibilities in this class. I will do my best to abide by the rules and expectations and will notify the teacher of any concerns or issues.

Student signature: _____

Date: _____

Hip Hop

Amy Kolbenschlag
amyk@gatewayacademystl.com
Office #:

Days: M/W
Time: 11:15am-12pm

COURSE DESCRIPTION: This class is yearly. Hip hop dance comes from the hip hop culture and is characterized by bouncing, rocking, and freestyling. It combines many different street styles of dancing: breaking, popping, and locking and is usually performed with hip hop music. It is deeply rooted in the historical and social effects of African American culture having been formed in the black communities living in New York in the 1970's. Hip Hop dance is a small part of the hip hop culture which includes emceeing, graffiti, deejaying, and breaking.

OBJECTIVES & GOALS:

- You will learn the different fundamentals of hip hop
- You will practice identifying and moving to different rhythms in music
- You will practice freestyling
- You will be able to identify hip hop steps and combine them to make different combinations
- You will perform basic hip hop steps with efficiency
- You will have fun and increase your self confidence :)

RULES & EXPECTATIONS:

- Be respectful of teacher, others, and studio space/equipment
- Arrive on time
 - You must arrive no later than 11:20am
 - 3 tardies equals 1 absence and will affect your grade
- No gum/candy/food (Only water)
- No phones/earbuds
- Wear appropriate attire
 - Sneakers or bare feet/socks
 - Comfortable clothes to move in
 - NO DENIM! NO SLIDES/SANDALS!
 - I will allow 1 grace period; afterwards, I will deduct 10% from participation grade that day and it will increase another 10% each class after that

GRADING & ASSIGNMENTS:

- Participation/attendance (75%)

- If you need to sit out for injury/sickness, then I must have a note from Mr. Wilson or a doctor
- Dance Showcase Hip hop performance (25%)

IMPORTANT DATES

- Dance Showcase performance- March 24th/25th (To be confirmed)

STUDENT REQUIRED SIGNATURE:

I, _____, have read the above and understand my responsibilities in this class. I will do my best to abide by the rules and expectations and will notify the teacher of any concerns or issues.

Student signature: _____

Date: _____

Cross Training for Athletes

Amy Kolbenschlag
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Office #

Days: T/TH
Times: 11:15am-12pm
12-12:45pm
12:45-1:30pm
1:30-2:15pm

Course Description: This class is semesterly and focuses on cross training athletes with varying dance techniques to promote strength, coordination, flexibility, correct posture, refined motor skills, movement efficiency, balance, endurance, and cognitive ability. It also allows for athletes to develop creative thinking and movement for self expression. Cross training is also extremely important for injury prevention.

OBJECTIVES & GOALS:

- You will learn foundational dance techniques
- You will learn and develop your mind and body connectivity
- You will learn and develop correct posture, body alignment, and balance
- You will develop your strength, endurance, and flexibility
- You will increase your cognitive ability, strength, coordination, and body awareness
- You will decrease your chances of injury
- You will refine your current motor skills and develop movement efficiency
- You will develop a creative outlet for self expression
- You will improve your self-confidence as an athlete

RULES & EXPECTATIONS:

- Be respectful of teacher, others, and studio space/equipment
- Arrive on time
 - You must arrive no later than 5 min after the start of class
 - 3 tardies equals 1 absence and will affect your grade
- No gum/candy/food (Only water)
- No phones/earbuds
- Wear appropriate attire
 - Sneakers, bare feet, or socks
 - Comfortable clothes to move in
 - NO DENIM! NO SLIDES/SANDALS!

- I will allow 1 grace period; afterwards, I will deduct 10% from participation grade that day and it will increase another 10% each class after that

GRADING & ASSIGNMENTS:

- Participation/attendance (75%)
 - If you need to sit out for injury/sickness, then I must have a note from Mr. Wilson or a doctor
- Weekly training journal entries (25%)
 - These are written statements of your mental and physical experiences during class and will help you track your improvements during the semester

STUDENT REQUIRED SIGNATURE:

I, _____, have read the above and understand my responsibilities in this class. I will do my best to abide by the rules and expectations and will notify the teacher of any concerns or issues.

Student signature: _____

Date: _____