

**St. Luke's Episcopal School**  
**After School Dance Program**  
**Discipline: PK 3/4 Dance and Kinder Ballet**

**Paula Gorman – Dance Director / Instructor**

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Paula Gorman will be available Fridays at 2:00 pm for pre - arranged conferences

***Course Description:*** *Syllabus is subject to change as deemed necessary by the instructor and any adjustments to the syllabus will be announced on the SLES dance web page. It is the parent's responsibility to stay informed by checking the SLES dance web page for updates.*

This course will teach basic and age appropriate dance movements, rhythm exercises and steps to be set in pre ballet dance combinations. Appropriate pre ballet music will be used for all exercises and dance combinations. This course will teach beginner dance terminology and basic motor skill exercises such as skipping, marching, walking with pointed toes, walking on releve, various arm movements and students will periodically perform their own creative movements to music. Students will learn proper body alignment, how to sit down and stand up like a 'dancer', and first and second position of the feet. These principles will be incorporated in regularly scheduled classes and choreography will be performed for the public.

***Dance Style Description:***

**Basic pre ballet dance warm up exercises and skills will be taught and repeated weekly to insure retention success. Movement will be taught utilizing creative props (scarfs, flags, wands, tiaras, musical instruments etc.) and songs will accompany some dance combinations.**

**PK and Kinder Ballet skills include, but are not limited to the following:**

- **Sitting and standing properly**
- **Changing lines with ballet walks**
- **Pointing and flexing feet**
- **Basic arm positions and arm movements**
- **Spring pointes and spring heels**
- **Ballet walks and releve walks**
- **Marching and skipping**
- **Jumping and polka steps**
- **Retires with tendus**
- **Bounces with plies**
- **Side step and point the toe and side step and jump**
- **Movement to different tempos**
- **Jumps on one foot**
- **Relevés with chasses**
- **Clapping rhythms**
- **Echappe sauté to second position**

***Materials Needed: Exact styles On file at Dorothy's Dance Shop***

1. Kinder Ballet girls will need a pink leotard, pink tutu and pink ballet shoes.
2. PK girls will need a white leotard, white tutu and pink ballet shoes.
3. PK and Kinder Ballet boys will need a white t shirt, black jazz pants and black ballet shoes.
4. Students will need hair bands to pull hair off their face.
5. Student will need a dance bag to carry dance attire to school.

***Course Goals:***

The goal is for students to perform to their best ability PK dance and Kinder Ballet steps and technique. As a result, class choreography will be memorized and performed in a recital performance utilizing proper technique and musical timing for the public. This course aspires to have student's understand beginner dance terminology and identify and execute various musical rhythms in dance steps. The goal is to gain an appreciation of the dance art form and to experience the joy dance offers humanity.

***Learning Outcomes:***

- Students will improve grace, strength, flexibility, coordination, rhythm, motor learning skills and their general health.
- Students will gain an appreciation for the dance art form.
- Students will learn to work with other dancers in a collaborative environment.
- Students will learn to set and achieve goals.

**Instructor Expectations/Conduct:** *If expectations are not consistently met by a student/s the instructor reserves the right to drop the student/s from the class.*

1. I expect students to follow the “Play Nice Policy” by being respectful of the other classmates and their dance abilities.
2. I expect students to listen to and apply corrections.
3. I expect students to cooperate with the class structure.
4. I expect students to work to achieve their personal best.
5. I expect students to have fun while maintaining a professional working attitude.
6. I expect students to attend every class in mind, body and spirit.
7. I expect students to have all materials by the first week of classes.
8. I expect students to wear the required dance attire and have hair properly coiffed for every class.

### **Class Evaluation/Assessment:**

#### **Dress Code 20%**

Each student should take pride in their appearance and be acceptably dressed for any possible visitors.

**Dorothy’s Dance Shop carries the SLES Dance Program’s required attire on file by number and they will be in stock.. Please request these listed items. The Dress Code on the dance web page contains the specific numbers for these items.**

- PK Dance girls - white tutu and white short sleeve leotard, pink ballet shoes (no tights until performance)
- Kinder Ballet girls – pink tutu and pink short sleeve leotard ,pink ballet shoes ( no tights until performance)
- PK Dance and Kinder Ballet boys – white t shirt, black jazz pants and black ballet shoes
- Ballet I, II, III: long sleeve black leotard with pink footed tights and pink ballet shoes must be worn to a ballet class. No undergarments are to be worn beneath dance attire. Black chiffon ballet skirts are allowed in MS ballet classes.
- Jazz and tap: long sleeve black leotard (white t-shirt for boys ) and full length black jazz pants, black jazz shoes and black tap shoes (with ties or elastic top) Hip Hop dancers will need sneakers.
- No t-shirts or loose fitting clothing are allowed in class. Students may wear solid colored ballet sweaters and leggings on cold days with teacher permission.
- Hair should be securely and neatly pulled off the face and neck in a bun or a French twist.
- Jewelry should be kept to a minimum-no bracelets, dangling earrings, watches or large rings.

#### **Attitude 40%**

Attitude extends beyond the demeanor of the student, but also to the work ethic and application of corrections to the dance technique. Attitude will be comprised of, but not limited to elements such as:

1. Respect towards teacher
2. Positive interaction with classmates
3. Ability to listen
4. Sharing the joy of dance and movement
5. Cooperation
6. Encouraging attitude toward self and others
7. Working to achieve personal best
8. Application of corrections

#### **Participation and Personal Growth 40%**

A student must be present in body, mind and spirit in every dance class to embody dance technique. Each student will be evaluated as an individual and not compared to classmates.

A student’s commitment to work physically and mentally will be evident in the student’s growth artistically and technically throughout the semester. The dance class is intended to foster an appreciation for the arts, increase knowledge of the subject, and instill a lifelong appreciation for the discipline.

### **Calendar**

- Dance classes begin in August and finish in December, first semester and in May the second semester.
- In School, Dance Classes will follow the SLES Holiday Schedule.
- Dance Field Trips will be announced at least two weeks in advance of the scheduled event.
- Invitations to perform at other venues will be announced as soon as they are received.

## *Additional*

- Excessive tardiness and absences may affect participation in performances.
- Costume fees are included with the In School Dance semester fee. Costume fees are collected separately for the After School dance program.
- Everyone is expected to respect and willingly abide by all dance class regulations and class procedures, and to conduct themselves in a courteous manner in all dance connected activities.
- Chewing gum, food or drinks are not allowed in the dance studio or at dance related activities, rehearsals and performances.
- If you did not receive or if you need another enrollment form, it can be downloaded from the SLES dance web page.