



NVSD Dance Academy Grades 8-12

2024 – 20234

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Course Description:

NVSD Dance Academy is a dance-centered program aimed at developing the whole dancer consistent with the educational goals for physical and health education. The program offers students the ability to pursue their commitment to dance while remaining connected to their local high school and fulfilling academic requirements towards graduation. The program will encompass individual training for balance, flexibility, strength and agility, endurance, body awareness and coordination. Dancers will train in a various genres of dance including Ballet, Jazz, Hip Hop, Salsa, Lyrical, Contemporary, Bollywood, and Improv. Students will also be required to meet the ministry learning standards for health as it pertains to this curriculum.

Goal of NVSD Dance Academy :

- To develop a passion for dance, and to use it as a basis for becoming a life-long learner.

Big Ideas:

- Daily participation in physical activity influences our physical literacy and personal health and fitness.
- Healthy choices influence our physical, emotional and mental well-being.
- Identity is explored, expressed and impacted through dance experiences.
- Dance is a unique language for creating and communicating
- Collaborative dance experiences can build community and nurture relationships with others

Content	Curricular Competencies
<p><i>Include but are not limited to:</i></p> <ul style="list-style-type: none"> • Active Living: demonstrating a personal functional level of physical fitness • Active Living: demonstrating a working understanding of injury prevention, health and nutrition • Health Education: making healthy choices that influence physical, emotional and mental well-being • Safety, Fair Play and Leadership: selecting and applying rules, routines and procedures of safety in a variety of activity, respect for rules and team-mates 	<p><i>Include but are not limited to:</i></p> <ul style="list-style-type: none"> • Develop appropriate knowledge and skills for participating actively, effectively, safely and responsibly in a wide range of activities • Develop and demonstrate knowledge, skills and attitudes that enable them to value, attain and maintain a healthy, active lifestyle • Receive, offer and apply constructive feedback • Adapt and apply learned skills, understandings and techniques for use in new contexts and for different purposes and audiences • Reflect on musical performances to make connections to personal learning and experiences

Students can expect:

- To receive teaching and encouragement regardless of natural ability.
- To be taught the correct methods for learning and executing a variety of dance forms.
- To train and perform at a high standard.
- To have access to resources, extra coaching, and opportunities for personal development.
- To be exposed to a wide variety of local and professional talent and coaching.

Your teachers and instructors will expect:

- Full participation from students in terms of a positive attitude, punctual attendance, respectfulness and working as a team.
- Students to be responsible for being on time, in their uniform with appropriate footwear before the start of class.
- Students to be come to class with an open mind and a desire to learn.

Assessment:

Assessment for Learning	Assessment as Learning	Assessment of Learning
Formative assessment “ongoing in the classroom” <ul style="list-style-type: none">• Teacher assessment, student assessment• Criterion-referenced: criteria based on Curricular Competencies• Involves both teacher and student in a process of reflection and review about progress	Formative assessment “ongoing in the classroom” <ul style="list-style-type: none">• Self-assessment• Provides students with information on their own achievement and prompts them to consider how they can continue to improve their personal health and fitness goals	Summative assessment “ongoing in the classroom” <ul style="list-style-type: none">• Teacher assessment• May be criterion referenced or norm referenced• Used to make judgments about students’ performance in relation to provincial standards

Student progress is evaluated on an ongoing basis in terms of:

A. Physical Literacy and Skill

- Movement concepts and strategies including attitude, effort, leadership
- Group performances
- Proper technique for fundamental movement skills – regular formative and summative assessment

B. Health and Active Living

- Guest speakers, review concepts, written assignments, reflections

Policies and Procedures:

- It is suggested that students leave their clothes and belongings in their lockers at school, as there are no lockers available at Seymour Dance.
- ***Seymour Dance assumes no responsibility for loss or damage of students’ personal property.*** Anything valuable can be stored in the Seymour Dance office during class (ie. Laptops, phones, wallets)

Absences and Lates:

- **Absences may result in an “I” – Incomplete Grade – if learning outcomes are not met**
- Students absent from class due to field trips and sports activities must inform his/her teacher prior to the event and make arrangements to complete the require learning outcomes.
- **Students are responsible for missed activities and assignments.**

Uniforms:

- All students are required to wear the NVSD Dance Academy Uniform to all classes
- All students are required to wear footwear appropriate to each genre*
- Long hair needs to be tied back in a pony tail or a bun*
- **Multiple “no strips” may initially result in an “I” – Incomplete Grade**
- **Due to safety and health concerns, students without proper clothing will not be allowed to participate in class**

Guidelines for Success:

- **Commitment**
 - Joining NVSD Dance Academy means becoming an essential member of the team. Your contributions matter and your presence makes a difference on a daily basis. This is also a chance to push yourself and your limits to pursue a sport that you love. Take your commitment seriously, reflect often and commit yourself to improving your own skills and contributing positively to the skills and experience of your teammates. Come prepared to class – bring all the gear that you need to be successful.
- **Keep an Open Mind!**
 - The point of pushing yourself and trying new things is to discover your limits and work through them – there may be times when you feel uncomfortable and inexperienced. Recognize that these feelings are normal and just try you best – ask for support if needed but don’t hold yourself back from getting the most complete experience out of the program.