



## Ballet Syllabus

All Levels

Fall 2018/Spring 2019

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South Dance - Periods 1-3

### **Ballet Course Goals:**

These courses are designed for students to embrace the art of Ballet. We will train in the traditional class format: barre followed by centre work (adagio, pirouettes, petit allegro, grande allegro). Alignment, vocabulary, musicality, skill execution, and presentation will be emphasized. Dance-specific conditioning will occur on Wednesdays. Students will also understand progression of technique and how a class is constructed. Each will lead part or all of a class during the semester.

### **Objectives:**

**Ballet I:** This course is designed for students new to dance (or ballet, specifically).

**Ballet II:** This course is designed for the student who has mastered basic ballet technique, has a working knowledge of basic anatomy, biomechanics, and nutrition, and is ready for more challenges in this art form.

**Ballet III:** This course is designed for the upper-intermediate to advanced ballet dancer. It is expected that the dance student be in excellent physical condition and take class regularly outside of PAPA.

### **Class Rules and Attendance:**

*Be prompt - Be polite - Be prepared - Be productive - Be positive*

This is a class in a **physical** art form - you must be present and physically active for full credit. Sitting out will involve a written assignment but it will not be a substitute (in the learning process and in grading) for taking class.

**PLEASE: No food or drink in the dance studio**, especially high-calorie morning drinks and junk food like Hot Cheetos...if you cannot follow this dance studio guideline (normal to all studios across the world) be prepared for such items to mysteriously disappear during class time.

### **Class Routines/Procedures/Schedule:**

Students must be in the studio, in proper dance attire, hair up, ready to take class from the very beginning of the class period. Attendance and punctuality are imperative for safety and student development. From time to time, class will be academic in nature, covering history, anatomy & kinesiology, or health & nutrition lectures. Students are not expected to dress out for these classes and will be notified a day in advance. There will be other days where lectures are given and written work may be assigned.

### **Grading/Progress Reports:**

Students' grades will be based upon being in dance attire for class, participation, and skill development. Two 10 point grades\* will be submitted to PowerSchool each week. Technical assessments will be a component of the overall grade. A student that does not participate in this physically demanding class cannot expect to be awarded a passing grade.

A doctor's note is required for sitting out; failure to have appropriate medical documentation for non-participation will result in a diminished grade.

Performance in the PAPA Spring Dance Show (including attendance at dress rehearsals) is MANDATORY and will be valued at 100 points in the third quarter of the year.

- Attire - 2 points  
Participation - 2 points  
Focus - 2 points  
Attitude - 2 points  
Being on-time - 2 points
- Please note that repeatedly being out of ballet dress code will result in a daily grade of ZERO until compliance is reached. You can indeed fail ballet for not being dressed properly.

**There will be written exams for the four quarters of the year.**

#### **Class supply list**

- Hair ties/bobby pins/clips to keep hair off and out of your face
- Appropriate dance clothes
- Ballet slippers must be worn in the dance studio
- Deodorant
- Water bottle
- Personal first aid needs (Band-Aids, etc.)

**NOTE THAT LARGE JEWELRY ITEMS MUST BE REMOVED BEFORE CLASS - FOR YOUR SAFETY.**

#### **Boys**

- Form-fitting white shirt
- Fitted black pants/shorts
- Tight shorts/dance belt preferred)
- Black ballet slippers

#### **Girls**

- Black leotard
- Pink tights
- soft ballet slippers (canvas)

#### **Performance Schedule:**

All ballet students are **REQUIRED** to be in the Spring Dance Concert on **March 7 & 8** at the National Hispanic Cultural Center (NHCC) from 6-9 pm; it is a part of your grade and you must be there for both performances. The tech/dress rehearsals are currently scheduled on **March 5 & 6** and will occur during the school day - 8.00-3.30. Check the PAPA Handbook for policy on absences prior to performance.

Ticket sales will begin in January 2019 and are available at the NHCC Box Office. Ticket prices are TBA.

*Students are encouraged but not required to perform at outside functions.*