

Course Descriptions

Burnaby Central

PERFORMING ARTS - DANCE

DANCE 8

Dance 8 is part of the Arts rotation experience at Burnaby Central. Through Dance, students build self-confidence, reflect on thoughts and experiences and explore creative expression. Learning to take risks in a supportive environment, personal and physical awareness, dance etiquette, community building and working as a team are emphasized. Students are introduced to basic dance terminology, movement elements, various genres of dance and dance history. Students build their sense of rhythm, strength, flexibility, co-ordination, and dance technique through a daily warm-up, dancing across the floor, learning choreography and creating movement sequences.

DANCE 9

In Dance 9, students focus on increasing body awareness, rhythm, dance technique and taking creative risks in a safe and fun environment. Building of these skills along with flexibility, strength and personal and physical confidence take place through warm-up, cross-floor movement, dance creation and learning choreography. Collaboration, safety, self-awareness, and dance etiquette are emphasized. Students in Dance 9 take part in the creation of a dance that they perform in a theatre setting at the end of the course.

DANCE COMPANY 9 *(Admission by audition and teacher discretion. Off time-table course)*

This is an advanced performance and repertory-based course which focuses on learning elements of choreography, leadership skills and advanced performance and technical skills necessary in being part of a Dance Performance Ensemble. Students learn to work as a team to create and learn choreography that to be performed for various school and community functions throughout the year as well as the term-end Dance Shows in the theatre. This class is offered outside of the regular timetable and admission is determined by audition and teacher discretion.

DANCE TECHNIQUE AND PERFORMANCE 10

In Dance Technique and Performance 10, students work in a fun, supportive environment to learn dance technique specific to particular dance genres, increase overall body awareness and confidence, work on performance skills and create movement phrases. Students are challenged physically and encouraged to take risks within a safe and supportive community of dancers. They learn about Dance in the context of culture and history as well. Classes typically consist of a daily warm-up including strength and flexibility exercises, introduction and practice of technical skills, cross-floor movement and choreography. Throughout the term, the class creates a dance that is performed in an end-of-term performance in the theatre.

DANCE CHOREOGRAPHY 10 *(Recommended as a second course for Grade 10's already enrolled in Dance Technique and Performance)*

This class takes place in tandem with Dance Technique and Performance 10. Students work in a fun, supportive environment to focus on learning and practicing the use of choreographic forms structures to create movement phrases and dances. They also learn elements of dance technique and increase their kinesthetic awareness in a safe community of dancers. This class typically involves a warm-up, cross-floor movement and dance composition segment. Students watch and analyze dance performances by various Dance Companies as well. Throughout the term, the students actively participate in the creation of a dance that is performed in an end-of term performance in the theatre.

DANCE COMPANY 10 *(Admission by audition and teacher discretion. Off time-table course)*

Dance Company 10 is an advanced repertory, performance-based course where students work in a collaborative, team-based setting, learning the choreographic, leadership, performance and technical skills necessary in a Dance Performance Ensemble. Students are expected to be self-motivated to learn choreography, improve their dance technique and work in small groups to explore and create movement phrases to incorporate into Company Dance pieces. Students learn to become self-reflective and aware of their impact within a larger group. They begin to participate in the production end of performances as well, such as working on theme and costume ideas, seeking out opportunities for performance and show promotion. The Dance Company works together to create a repertoire of dances in a variety of genres to be performed at various school and community functions throughout the year.

DANCE TECHNIQUE AND PERFORMANCE 11

In Dance Technique and Performance 11, students work in a fun, supportive environment to refine dance technique specific to particular dance genres, increase overall body awareness and confidence, improve on performance skills and develop skills to create movement phrases. Students are challenged physically and are encouraged to take risks within a safe community of dancers. They learn in increased depth, about the role that Dance has played and continues to play in the context of culture. Classes typically consist of a daily warm-up including strength and flexibility exercises, introduction and practice of technical skills, cross-floor movement and choreography. Throughout the term, the class creates a dance that will be performed in an end-of-term performance in the theatre.

DANCE CHOREOGRAPHY 11 *(Recommended as a second course for Grade 11's already enrolled in Dance Performance)*

This class takes place in tandem with Dance Technique and Performance 11. Students work in a safe, supportive and fun environment practice the use of choreographic elements to create movement phrases involved in Dance composition. They learn and enhance their dance technique and further increase kinesthetic awareness. This class typically involves a warm-up, cross-floor movement, followed by a dance composition segment. Students watch, analyze and articulate their thoughts on dance performances by various Dance Companies as well. Throughout the term, the class actively participates in the creation of a dance that to be performed in an end-of term performance in the theatre.

DANCE LEADERSHIP 11 *(Admission by teacher approval only)*

Dance Leadership 11 is a highly specialized course for dedicated dance students. In this course, students work with a grade 8 dance class as a mentor and junior choreographer. After an observation period, students are challenged to lead warm-up and cross-floor activities specifically designed to increase dance technique. They learn and practice the how to break down dance skills and choreography in ways that will help students understand the concepts. Dance Leadership allows highly motivated Dance students to bring their knowledge and skills into the shared space with other dancers, while encouraging them to learn how to effectively communicate and problem solve.

DANCE COMPANY 11 *(Admission by audition and teacher discretion. Off time-table course)*

This is an advanced repertory, performance-based course in which students learn elements of choreography, leadership skills and the performance and technical skills necessary in a Dance performance ensemble. Students are expected to be self-motivated to learn choreography and refine and increase their technical skills. They work collaboratively to explore and create movement phrases to incorporate into Company Dance pieces. Students learn to become self-reflective and aware of their impact within a larger group. Grade 11 students begin to play a leadership role within the class to mentor grade 9 and 10 dancers. They actively participate in the production end of performances as well, such as working on theme and costume ideas, seeking out opportunities for performance and show promotion. The Dance Company works together to create a repertoire of dances in a variety of genres to be performed at various school and community functions throughout the year.

DANCE TECHNIQUE AND PERFORMANCE 12

In Dance Technique and Performance 12, students work in a supportive and fun environment to refine and extend their dance technique specific to particular dance genres, increase overall body awareness and confidence, enhance their performance skills and use elements of choreography to create movement phrases and dances. Students are challenged physically and are encouraged to take risks within a safe community of dancers. They learn to articulate the roles that Dance has played and continue to play in the context of culture. Classes typically consist of a daily warm-up including strength and flexibility exercises, introduction, practice and extension of technical skills, cross-floor movement and choreography. Throughout the term, the class creates a dance that is performed in an end-of-term performance in the theatre.

DANCE CHOREOGRAPHY 12 *(Recommended as a second course for Grade 12's already enrolled in Dance Performance)*

This class takes place in tandem with Dance Technique and Performance 12. In a safe supportive and fun environment, students use choreographic elements to create movement phrases and dances on their own and in groups. They work to refine and improve their dance technique and increase kinesthetic awareness as well. This class typically involves a warm-up, cross-floor movement, followed by a dance composition segment. Students watch, analyze and articulate their thoughts on dance performances by various Dance Companies and make connections to the world beyond Dance. Throughout the term, the students actively participate in the creation of a dance that the class performs in an end-of term performance in the theatre.

DANCE LEADERSHIP 12 *(Admission by teacher approval only)*

Dance Leadership 12 builds on skills developed in Dance Leadership 11. It is a highly specialized course for dedicated dance students. Students work with a grade 8 dance class as a mentor and junior choreographer. Leadership students use what they have learned through observation, discussion and experience to lead warm-up and cross-floor activities specifically designed to increase body awareness and technique at an appropriate level for the younger students. They practice the how to break down dance skills and choreography in ways that will help students understand the concepts. Dance Leadership 12 encourages highly motivated Dance students to bring their knowledge and skills into the shared space with younger dancers, challenging them to find new and effective ways to communicate and problem solve in a leadership position.

DANCE COMPANY 12 *(Admission by audition and teacher discretion. Off time-table course)*

This is an advanced repertory, performance-based course in which students create and learn intricate choreography, demonstrate team-work and leadership and enhance their performance and technical skills as is necessary in a Dance performance ensemble. Students are expected to be self-motivated as they work collaboratively and independently to explore and create movement phrases to incorporate into Company Dance pieces. Students become increasingly self-reflective and aware of their impact within a larger group. Grade 12 students play a very active leadership role within the Company to mentor grade 9, 10 and 11 dancers. They learn to take the lead in the production end of performances as well, such as working on theme and costume ideas, seeking out opportunities for performance and show promotion. The Dance Company works together to create a repertoire of dances in a variety of genres to be performed at various school and community functions throughout the year.