

All Things Dance Syllabus

Course Title: All Things Dance

Instructor: Coach Lay

Course Description:

All Things Dance is a 4-week journey that will offer an exploration of four unique dance styles, ensuring that each student gains a solid understanding of the foundational elements of each. By the end of the course, students will have not only acquired the terminology associated with these styles but also internalized them through practical application, fostering a deeper connection between their minds and bodies.

Course Objectives:

- Students will learn to feel the beat and move to music while dancing.
- Students will get stronger, more flexible, and become better balanced by doing different dance moves.
- Students will have fun making up dance moves and expressing themselves.
- Understand basic dance words and terms from different kinds of dances.

Course Schedule:

Week 1: Creative Dance

- Icebreaker Activities / Flexibility Training
- Finding your “why” in dance
- Exploring movement in space, shape, and tempo dynamics
- Explore storytelling in dance

Week 2: Beginner Contemporary Ballet

- Icebreaker Activities/ Flexibility Training
- Beginner Barre
- Beginner Ballet Terminology
- Across The Floor Drills/ Technique Training

Week 3: Broadway & Musical Theatre

- Icebreaker Activities/Exploring iconic choreographers and their work
- Knowledge behind dance styles for Broadway and Musical Theatre
- Creating own choreography to iconic Broadway and Musicals

Week 4: Hip Hop Dance- Open Style

- Icebreaker Activities
- Learn hip-hop foundations from each dance style
- Old, Middle, New School Hip Hop Dictionary
- Cypher and Freestyle Training

Materials Required:

- Positive Attitude/ "I-can-do-this" spirit
- Sneakers, dance shoes, socks
- Water
- Notebook for notes
- Some classes may include props and other items needed- TBD in class

Assessment:

- Participation/ Engagement in class
- Each week will showcase what was learned in class

Note: This syllabus is subject to change based on the interests and needs of the students and the availability of resources.