

# Creative Movement Syllabus

*General Goals:* begin to understand rhythm, develop coordination, understand correct alignment, work on flexibility, spacial awareness, and staying focused in class.

## ***Introduced:***

- Point toes
- Flex toes
- Plie
- Step Touch R&L
- Slide Touch R&L
- Kick Cross Touch R&L
- Jazz Square R&L
- Grapevine R&L
- 3 Point Turn R&L
- Body Roll

## ***Classroom Etiquette to Introduce:***

- Entering Class Ready to Dance
- Leaving parents readily and without being coerced
- Putting dance bags and coats into their assigned cubby
- Using the bathroom before class only
- Knowing their teacher's and teaching assistant's names
- Raising their hand before sharing with the teacher or the class

***Transition Tools:*** We often work on a variety of movement genres, ballet, tap, hip hop, lyrical, yoga, dance/acting games, and improvisational games during each forty-five minute class to keep students attentive and the class moving. Between genres, we often use a transition tool (such as reading a dance story, or an educational coloring page) to give students a mental break before focusing on a new skill.

***Reinforcement:*** We emphasize positive reinforcement in class, using high fives, clapping/cheering, giving a hug/pat on the back, and offering praise to encourage good behavior and dance technique. If a student displays good behavior or work, we will often use them as an example for the class.

We also use a three-strike system to inform each student of how well they are focusing in class. A "strike" could be handed out for any of the following behaviors: unkind behavior towards a fellow student or instructor, excessive defiance, and others. Individual rewards will be offered at the end of each class for students who have not reached their third strike (i.e.: a sticker). Each instructor uses a different system, for example, a spotlight or a ballerina costume to illustrate this process to the students. The instructor will be sure to communicate with each parent on how the student participated in class weekly.

***Future Placement:*** Students will move into a class when the instructor feels they have the body strength, spacial awareness, classroom etiquette, and dance skills needed.