



# KSAS Creative Modern Dance Class

## Welcome to KSAS's After School Creative Modern Dance Class!

*3<sup>rd</sup>-5<sup>th</sup> grade students: Permission slip and fee of \$10 due by this THURSDAY, October 1, 4:00 p.m. to the KSAS office. Space is limited.*

*Lottery will occur if needed.*

**Class meetings will be on Thursdays from 3:45- 4:45, KSAS Gym**

**October 8- November 19** (There is no class October 29)

**\*We will perform in the KSAS Winter Concert**

### **Dance Class Promise: I promise to ...**

1. After changing your clothes in the south bathroom, arrive to the gym on time (students, this is your job) and be picked up on time (parents, this is your job).
2. Attend every class (with the exception of illness or family circumstance). Missing more than 2 classes or tardiness in arrival or pick up may result in dismissal from the club.
3. Follow the Lifelong Guidelines and Lifeskills.
4. Be prepared to challenge your body and mind and try new things.
5. Wear clothing appropriate for movement. Examples include sweat pants, t-shirts, shorts, dance shoes (like ballet, jazz, or dance sneakers) or non-skid socks.

**\*Please sign and return the bottom portion of this page on the first day of class**



**CUT HERE-----**

Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

**\*I have read and agree to uphold the "Dance Class Promise".**

Parent/ Guardian Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

## What should I expect from this class?

Each class consists of 5 parts: Warm- up, Exploring the Concept, Developing Skills, Creating, and Cooling Down.

The Warm- up is important to get our brains and bodies ready for movement and prevent injuries. We will do simple stretches and the Brain Dance.

During Exploring the Concept, we will learn more about the dance concepts through movement games, improvisation, and problem solving.

Next, the Developing Skills part of class will allow us to work on specific dance technique skills like jumping/ leaping and turning. Our focus will be on Modern and Jazz dance technique. We also may learn some folk dances.

The Creating part of the class is where you will be able to create your own dance movements and collaborate with the class to choreograph simple dances.

Finally, the Cooling Down part of class allows us to share, reflect, and review what we have accomplished in the class.

