

MPVA DANCE ELECTIVE

DANCE YOUR DANCE

2024-2025

- **Overview:** In this course, you will learn basic dance technique, in multiple styles, in an effort to create a strong sense of empowerment, self-awareness, and personal growth.
- **Dress/Attire:** All Dance Elective students must wear black leggings/bottoms (no shorts or PE style clothing), gray or black crewneck tee/top, and solid black cotton crew (**not** ankle) length socks. Attire **CAN NOT** have any logos, words, or prints or be worn inside-out. You **CAN NOT** wear what you wore to school, and dance attire must **always** be clean and neat. Proper hygiene is a must, and body sprays/perfumes should **never** be sprayed in the studio or dressing rooms. Hair must be pulled back away from face and shoulders, no distracting and dangerous hair accessories (excessively long extensions/braids or beading that may fall out during instruction or strike others) no jewelry, and no fake/acrylic nails or distracting nail art. If you are not dressed as directed for dance class you **CAN NOT** participate, parent and dean will be contacted **immediately**, and your grade and/or conduct will thus be affected.
- **Dance Journal/Folder:** All students will use a Dance Journal (composition notebook) and online resources to write down corrections and notes on choreography, as well as some reflective writings.
- **Practice:** Students are required to practice and perfect all learned warm-ups and movement sequences on a regular and consistent basis and at home.
- **Grades:** Based on daily performance/classwork, dressing out properly, effort, progression, and major assignments and projects.
- **Conduct:** Be READY, on time, prepared, focused and behave in a respectful manner to your peers, teacher, and all adults. Parents are contacted immediately for any variation from appropriate conduct. Gum, candy, or food are **NEVER** allowed in the Dance Studio or changing room-always water bottles for hydration! Per the school policy, phones are **NEVER** visible or utilized! If your phone is **EVER** out it **WILL** be confiscated AND your parent will be contacted, immediately!
- **Performances:** We will showcase learned choreography in the Spring Dance Concert in March, and an in-studio showcase at the end of the year.
- **Contact:** Chadwick Peters, Director of Dance/Fine Arts Chair
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713-726-3616, ext. 268