

## Dance Foundations 10 Assignments

Students will **complete 3 projects**. All of the projects have a detailed description of what is required and a detailed marking rubric, so students are clear about expectations. The course provides rich information which will support the student in completing the projects.

**Required Project** - Setting a SMART Goal, implementing it, tracking it and reflecting on it. Setting a goal and developing a plan to implement it needs to be completed within 3 weeks of registering for the course.

**Choice Projects** - Students will have access to all of the information and resources in all of the units, but are only required to **complete 2 projects** from the bulleted list below. They could both come from the same unit, or they could be from different units. The choice of projects is up to the student.

### Protecting the Dancer's Instrument

- ☐ Prepare Healthy Snacks for Studio Peers
- ☐ Evaluate Your Eating and Hydration Habits
- ☐ Recovering from an Injury: My Plan
- ☐ How Well Am I Taking Care of Myself

### Moving Safely and Effectively to Improve Your Dancing

- ☐ Create a Warm Up for a Style of Dance

### Collaboration in Performance and Athletic Arts

- ☐ Create a Video Demonstrating How You Rehearsed a Dance

### Protecting the Performer's Heart and Soul

- ☐ Protecting My Heart and Soul

### Exploring, Learning From and Reflecting Art

- ☐ Inspiration in Dancing
- ☐ Discussing a Live Performance I Watched

### A Time for Reflection

- ☐ Reflecting on a Dance Show I Participated In
- ☐ Reflecting on Why I Dance
- ☐ Reflecting on How Dance Has Contributed to Who I Am

**Technique Assessment** - The dance teacher(s) at the studio will complete a critique of the student's skills, attitudes and growth in dance over the season. This will be used to inform the assessment completed by the on-line teacher.