

Dance Technique and Performance 11 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.

Warm Up and Cool Down

- ☐ Create a Warm Up - Muscle Group

Protecting the Dancer's Instrument

- ☐ Improving My Posture
- ☐ Prepare a Healthy Meal
- ☐ Evaluating My Eating and Hydration Habits
- ☐ Recovering from an Injury: My Plan
- ☐ How Well Am I Taking Care of Myself

Performance and Character

- ☐ Refine a Dance: Parts 1 and 2
- ☐ Assessing My Performance Skills

Learning and Performing Choreography

- ☐ Protecting My Heart and Soul
- ☐ Understanding and Managing My Performance Anxiety

- ☐ Understanding and Managing My Perfectionism
- ☐ Discussing a Live Performance I Watched

A Brief History of Movement Theorists

- ☐ Study and Learn Historical Dance Notation

A Time for Reflection

- ☐ Reflecting on a Dance Competition/Dance Festival/Master Class I Participated In
- ☐ Reflecting on a Dance Show I Participated In
- ☐ Reflecting on Who Inspires Me to Dance
- ☐ Contemplating the Role of Dance in My Future
- ☐ Reflecting on The Most Important Life Lesson I Learned This Year in Dance

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.