

Dance Foundations 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.

Protecting the Dancer's Instrument

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

Moving Safely and Effectively to Improve Your Dancing

- ☐ Create a Personal Warm Up

Collaboration in Performance and Athletic Arts

- ☐ Code of Ethics
- ☐ 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 the Most Important Life Lesson I Learned in Dance This Year
- ☐ 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.