



Course Syllabus

Course	Pointe/ Pre-Pointe
Class Times	Tuesday Period 3B 10:12-11:07AM
Location	Gyms South 2 - Dance Studio
Instructor	Tara Ward
Email	tward@icpa-ca.org

COURSE DESCRIPTION

The Pointe and Pre-Pointe class concentrates on strengthening the feet and ankles in order to properly dance en pointe. Students will also focus on understanding the correct body placement and alignment in pointe work to prevent injury. Class work will include theraband strengthening exercises, barre work, and center work that emphasize the technique needed for pointe. In addition to their classwork, students will learn the history of pointe work and pointe shoes. Students who are not yet en pointe will complete the class in ballet slippers.

OBJECTIVES

- To strengthen the ankles and feet in order to learn the correct technique for dancing en pointe.
- To understand and articulate the difference between quarter, half, three-quarter, and full pointe.
- To learn and understand the difference between “springing” and “rolling through” the releve position.
- To continue to improve pointe technique for those students already en pointe.
- To prepare pre-pointe students for pointe work in the future.

COURSE CONTENT

- Warm up for legs and feet:
 - Theraband exercises
 - Bare foot exercises at barre
- Pointe/Pre Pointe work:
 - Barre work to include releves, elevés, echappés, and piques
 - Center work to include echappés, pirouettes, releves
- All combinations will focus on releves.
- Once a satisfactory level of pointe work has been achieved, students may learn variations from the classical story ballets.

ASSIGNMENTS, ACTIVITIES & ASSESSMENT

- Each student will be required to complete a written assignment detailing the history of pointe shoes, how a pointe shoe is created, or a famous ballerina who changed the course of pointe work.
- Students will be required to complete two vocabulary quizzes.
- Students are required to participate in both the Fall Dance Concert and the end of semester school performance.

GRADING

<u>Assignments</u>	<u>Points</u>
Each vocabulary quiz	50
Written Assignment	200
<u>Participation/Attendance</u>	<u>500</u>
Total	800

<u>Letter Grade Points</u>	<u>Letter Grade</u>
720 - 800	A
640 - 719	B
560 - 639	C

REQUIREMENTS

Studio Rules

1. No eating, drinking or chewing gum in the studio, with the exception of water.
2. No street shoes allowed on the studio dance floor, street shoes must be taken off at the door.
3. Do not leave personal belongings unattended.
4. Do not lean or hang on the barre.
5. Please follow proper dress codes assigned for this class.
6. Respect other dancers, teachers, and their belongings at all times.
7. STUDENTS ARE REQUIRED TO HAVE A BLUE THERABAND IN ALL CLASSES.

THERABANDS CAN BE PURCHASED THROUGH DISCOUNT DANCE-BUNHEADS BLUE HEAVY WEIGHT EXERCISE BAND.

8. No Gaynor Minden pointe shoes are allowed.
9. Toe pads must be a lambswool pad or a very thin gel pad so that students are able to properly feel the floor.

Expectations

1. Proper understanding and execution of class techniques is required in order to be successful in this class.
2. If a student is tardy to class three times, it will count as one absence.
3. Three unexcused absences will result in a student's grade being lowered one letter grade.
4. If a student attends class without the appropriate dress code, they will be asked to take notes and the day will count as one absence.
5. Excessive talking or any misbehavior during class will result in a lower participation grade. **Excused** (unavoidable) absences from class will not be deducted from a student's participation grade, however, It is the student's responsibility to turn in a written excuse signed by a parent or guardian for any class missed.
6. It is the student's responsibility to find out what material was covered/assigned for any missed class.
7. Arrangements must be made with the instructor to make up any missed in-class activity, assignments, or tests. Work that is not made up within one week of a student's absence will result in zero credit.
8. If a student is unable to participate in class because of illness or injury, the student must sit against the wall and take notes. Notes must be turned in at the end of class in order to receive attendance/participation credit for that day.

DRESS CODE (see attached):

- **Girls:** black leotard, pink tights ballet shoes, pointe shoes & toe pads (at Instructor's request) hair in a neat bun
- **Boys:** white tank, muscle shirt, or T-shirt, black leggings or tights, dance belt black ballet shoes, hair low or pulled back
- Students must wear appropriate dance attire at all times.
- Hair must be securely fastened away from the face.
- No jewelry or flip flops.
- No short shorts, tight jeans, or crop tops allowed.