



BalletNova Center for Dance Educational Outreach Curriculum

About BalletNova Center for Dance

Founded in 1981 by Kathryn and Kenneth Fredgren, BalletNova Center for Dance (prior to July 1, 2009, known as Arlington Center for Dance and The Center Dance Company) has long been one of Northern Virginia's premier dance education organizations.

BalletNova Center for Dance offers year-round classes and workshops designed for dancers of all ages and levels. We offer excellent training, individual attention, detailed instruction and correction, and emphasize maintaining a healthy approach to the demanding dance disciplines. Our teaching philosophy is based on providing a positive and nurturing environment for all students. We strive to create a learning atmosphere based on mutual support and respect. We are deeply committed to our mission of building awareness of the benefits of a quality dance education, and inspiring public appreciation of dance as an art form through performances and outreach activities.

BalletNova Center for Dance is a 501(c) (3) not for profit organization governed by a volunteer board of directors and is supported in part by the Arlington Commission for the Arts and the Cultural Affairs Division of the Department of Parks, Recreation and Cultural Resources, and the Arts Council of Fairfax County.

PROGRAM INFORMATION

BalletNova Center for Dance offers outreach programming for K-12 students with specific curricula to fit individual program needs. For younger students, the focus is primarily on creative movement, in order to hone physical and creative skills. For the older student, different styles of dance are presented with emphases on both physical skill building and creative input.

Semester length: can be adjusted to fit your school's schedule. Classes typically meet once a week for 8-10 weeks per semester.

Session culminates with a sharing of skills learned with parents on the last class of the semester.

Cancellation/Teacher absence:

- We will strive to accommodate all enrolled students with make-up options in cases of cancellation due to inclement weather or other emergency school closings. No refunds will be given for these closings.
- BalletNova will provide a substitute teacher if the regular teacher is absent.

Student attire:

In order to keep the program accessible and affordable to as many students as possible (both boys and girls) no special uniform needs to be purchased. On the day of dance class we ask that children wear comfortable clothing in which they can move freely (leggings, shorts, sweatpants, tee shirt) – and have bare feet.

Program Description:

The program is designed to introduce students to a dance class environment and to encourage a love of activity and expression. The aim is to develop kinesthetic senses by exploring movement through music, developing physical skills, enhancing physical coordination, channeling energy, stimulating imagination and encouraging creativity. Classes will direct and expand physical, cognitive, sensory motor, emotional and social capacities of children through dance-based activities. A student's visual perception and sequential learning skills should be greatly strengthened.

Our Teaching Artist will:

- Provide structure in order to help children build confidence and find security in which to explore
- Develop a routine so that students gain security and comfort from familiar activities and music
- Introduce and develop fundamental dance movement skills
- Assist students in developing spatial and self-awareness
- Encourage a love of moving and increase overall physical coordination

Class structure example:

Warm up and stretches:

- Whole Body Warm-up exercises (standing and seated)
- Hand and foot articulation
- Isolating and identifying different body parts and how they move in different ways
- Age appropriate stretching exercises
- Posture awareness – spatial awareness (traveling in different directions/shapes around the room, being aware of the space around them and other dancer's space)

Movement skills:

- Walking and running with different rhythms and qualities
- Gross motor skills such as hopping, skipping, spinning, leaping, galloping
- Improvisation such as freeze dance
- Practicing Right and Left identification and coordination exercises
 - Tying movement together to create combinations

Music awareness and artistic development:

- Musicality: Students will practice clapping and verbal counting to music. Students will also be given time for self-expression – improvisation to the music.
- Emotions and creativity: Students will be given themes or music to develop communication skills through body and facial expression. Example: Sad, happy, angry, silly, excited, surprised etc.

For older students delving into a particular dance genre, movement combinations will be created to bring skills together and allow for personal expression within the choreography.