

## Ballet Folklorico

This course is designed to teach students various Mexican Folk Dances. Students will learn about the historical, geographical, and musical roots that make each region unique. They will also explore the importance of costumes and how they reflect the region's traditional culture as well as how dance aesthetics have influenced the staging of cultural dances. This course will teach students Ballet Folklorico technique as well as other dance and performance skills. In addition to being stronger dancers, students will gain confidence and appreciation for the rich and colorful heritage that Ballet Folklorico represents.

### **Necessary Skills**

Upon entering the course, students should be able to:

- No prior dance experience is necessary
- Take notes and organize a notebook independently and routinely

### **Workload Expectations**

- One hour a week is dedicated to fitness
- Complete folder assignments with various course relevant fitness and dance topics.
- Write dance critiques, and personal reflections
- Complete fitness tests (mile run, flexibility sit & reach, curl ups, push-ups, and BMI)
- Design a month long personal fitness plan tailored to personal goals in dance and fitness.
- Complete group and individual choreography projects
- Attend after school rehearsals the week of the dance show. (in May)

### **Course Notes**

10 units

**Level of Difficulty: Moderate**

### **Recommended Preparation**

No prior dance experience is necessary.

### **Estimated Homework**

0-10 minutes weekly. Any unfinished folder work will need to be completed at home.

Homework lengths will differ according to a student's reading and writing proficiency.

### **Learner Profile**

Successful RBV Dance students are:

- Motivated
- Open-minded
- Caring
- Reflective
- Responsible

### **Course Objectives**

This course will allow students focus their dance training in Mexican Folk Dances. Workouts and technique taught in class will be specifically designed to strengthen Ballet Folklorico dancers. Students will gain knowledge and appreciation for various regional dances.