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# Syllabus

William Land Elementary

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## Reylina Curtis

After School Dance Teacher, NORCAL School of the Arts

## Main Objective

### Learn Basic Dance Techniques

Ex. Plie, Jazz Walks, Turns, Leaps, Grooves, etc.

### Learn Dance Styles like Hip-Hop, Ballet, Jazz, and Contemporary

## Common Class Run Down

1. Warm Up and Stretch
2. Across the Floor: Technique
3. Learn Fun dance Routines
4. Learn spatial awareness, rhythm & creative interpretation

## Benefits

1. Improves cardiovascular health
  2. Improves balance, strength & flexibility
  3. Boosts cognitive performance
  4. Challenges your brain
  5. Is inclusive
  6. Good for emotional health
  7. Helps improve moods and can relieve stress
  8. Dance can help us feel more socially connected
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9. Teaches focus, creativity and discipline

**Come Dance!**