

Dance Course Descriptions

Contents

Grade 8	1
Grade 9	1
Grade 10	2
Grade 11	3
Grade 12	4
Musical Theatre	5

Grade 8

Dance Foundations 8

Through daily warm-ups, team-building activities, and choreography exploration, this course introduces students to basic dance technique and performance skills using the elements of movement. Learning occurs in pairs, small groups, and as a full class to prepare a piece for the Year End Dance Recital. No prior experience is required. Grade 7 students may submit videos to the dance teacher for assessment and, if qualified, be offered placement in Dance Company 9.

Grade 9

Dance Foundations 9

Through daily warm-ups, team-building activities, and choreography exploration, this course introduces students to basic dance technique and performance skills using the elements of movement. Learning occurs in pairs, small groups, and as a full class to prepare a piece for the Year End Dance Recital. No prior experience is required.

Dance Crew 9

Dance Crew is a 4-credit course for students interested in urban dance styles such as Hip Hop, Tutting, Locking, and Breaking, with no previous experience required. The class includes warm-ups, team-building activities, technical skill development, and both small-group and large-group choreography work, making it suitable for beginner to intermediate dancers with adjustments available for more advanced students. Through a progressive training approach, dancers build strength, flexibility, stamina, balance, and coordination while also developing confidence, trust, and leadership skills. Students will work in pairs, small groups, and as a full class to prepare choreography for the Year End Dance Recital.

Dance Company 9

Dance Company is designed for highly motivated students with extensive training in styles such as Contemporary, Lyrical, Modern, Jazz, Ballet, Hip Hop, or Breakdance, and students are encouraged to take an additional dance class to further develop technical skills. The class is divided into two groups—one focusing on Hip Hop technique and the other on Contemporary technique—and also offers opportunities for students to create their own choreography for future performances. Dance Company performs both large group and smaller group pieces at the Burnaby Festival of Dance and the Year End Dance Recital. Auditions for this course take place in January.

Grade 10

Dance Foundations 10

Through daily warm-ups, team-building activities, and choreography exploration, this course introduces students to basic dance technique and performance skills using the elements of movement. Learning occurs in pairs, small groups, and as a full class to prepare a piece for the Year End Dance Recital. No prior experience is required.

Dance Crew 10

Dance Crew is a 4-credit course for students interested in urban dance styles such as Hip Hop, Tutting, Locking, and Breaking, with no previous experience required. The class includes warm-ups, team-building activities, technical skill development, and both small-group and large-group choreography work, making it suitable for beginner to intermediate dancers with adjustments available for more advanced students. Through a progressive training approach, dancers build strength, flexibility, stamina, balance, and coordination while also developing confidence, trust, and leadership skills. Students will work in pairs, small groups, and as a full class to prepare choreography for the Year End Dance Recital.

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Dance Production 10

Dance Production is a credit course for Grades 10–12 that focuses on behind-the-scenes production work rather than dancing. Co-taught by Ms. Wilson, Ms. Dewar, and Mr. Hobbes in conjunction with Theatre Production, the course offers hands-on experience in technical theatre and design for school productions, including the Year End Dance Recital. Students join one specialized crew—Stage Management, Marketing, Set Design, Props, Costumes, Lighting, or Sound—where they take on

responsibilities such as organizing productions, designing promotional materials, creating sets and props, assembling costumes, or operating lighting and sound equipment.

Grade 11

Dance Foundations 11

Through daily warm-ups, team-building activities, and choreography exploration, this course introduces students to basic dance technique and performance skills using the elements of movement. Learning occurs in pairs, small groups, and as a full class to prepare a piece for the Year End Dance Recital. No prior experience is required.

Dance Crew 11

Dance Crew is a 4-credit course for students interested in urban dance styles such as Hip Hop, Tutting, Locking, and Breaking, with no previous experience required. The class includes warm-ups, team-building activities, technical skill development, and both small-group and large-group choreography work, making it suitable for beginner to intermediate dancers with adjustments available for more advanced students. Through a progressive training approach, dancers build strength, flexibility, stamina, balance, and coordination while also developing confidence, trust, and leadership skills. Students will work in pairs, small groups, and as a full class to prepare choreography for the Year End Dance Recital.

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Dance Leadership 11

Dance Leadership is intended for students who have previously taken dance courses at Burnaby South and are ready to mentor within the Dance Program, bringing a solid understanding of studio operations and the ability to represent the program professionally. Students may be paired with a dance class to lead warm-ups, assist with choreography, support classroom management, and problem-solve day-to-day challenges, or they may work directly with the teacher during an independent leadership block to help with costumes, organization, choreography, and other behind-the-scenes tasks, with some students also receiving opportunities to develop solo or small-group projects. This course builds confidence, responsibility, and leadership skills while deepening students' understanding of dance education from both a performer and instructor perspective.

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Grade 12

Dance Foundations 12

Through daily warm-ups, team-building activities, and choreography exploration, this course introduces students to basic dance technique and performance skills using the elements of movement. Learning occurs in pairs, small groups, and as a full class to prepare a piece for the Year End Dance Recital. No prior experience is required.

Dance Crew 12

Dance Crew is a 4-credit course for students interested in urban dance styles such as Hip Hop, Tutting, Locking, and Breaking, with no previous experience required. The class includes warm-ups, team-building activities, technical skill development, and both small-group and large-group choreography work, making it suitable for beginner to intermediate dancers with adjustments available for more advanced students. Through a progressive training approach, dancers build strength, flexibility, stamina, balance, and coordination while also developing confidence, trust, and leadership skills. Students will work in pairs, small groups, and as a full class to prepare choreography for the Year End Dance Recital.

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Musical Theatre

Musical Theatre: Dance 8 – 12 (after school)

Musical Theatre Dance is a 4-credit course offered in years when Burnaby South produces a large musical, which occurs every second year. No prior experience is required. Students learn multiple dance numbers as part of a large ensemble, working closely with actors, musicians, and production students to prepare for the school musical, typically performed in March. Classes take place after school at least twice a week.