

Myths & Facts about Beginning Dance

Myth: I'm taking dance instead of PE because I don't want to run.

Fact: You will run almost every day in dance as part of your warm-up.

Myth: I don't mind running, I just don't want to get sweaty.

Fact: You will get sweaty almost every day. Breaking a sweat is an indicator that the body is warmed up and ready for exercise.

Myth: I'm taking dance so I can learn the latest hip-hop moves.

Fact: Beginning dancers will learn Ballet, Jazz, and Modern styles, but no Hip-Hop.

Myth: I just want a fun class for an easy A. Similar myth: As long as I dress out every day I'll get an A.

Fact: Dance class is fun, but is not an easy A. Your grade includes daily dress out & participation (just like PE), but also skills performance tests, written exams for each unit, written papers, and weekly journals.

Myth: I'm not a good dancer at all, so I shouldn't take dance.

Fact: Beginning Dance is where you belong! In fact, if you were a good dancer this would NOT be the class for you.

Myth: This will be my first dance class EVER. I'll never make it to Intermediate, Advanced, or Moveo.

Fact: Many of our upper-level dancers started in Beginning Dance here at Perry. The purpose of beginning dance is to teach you the skills necessary to progress to higher levels of dance.

Myth: I want to learn to dance, but I will not perform in front of anyone.

Fact: We understand, and will help you to overcome that little by little. You will perform skills tests in groups of 2-3 in class, with your classmates as your audience during the first semester. Second semester you'll continue to perform for your classmates and sometimes the upper level dance classes in preparation for the big dance concert. Finally you'll dance on stage in front of appx. 2,000 people in the Student Dance Show in May. You'll love it by then!

Myth: I'm only going to take the second semester because I just want to be in the Student Dance Show in May.

Fact: Any student who doesn't take 1st semester Beg. Dance will not perform in the show, but will participate in the production aspects of the show to earn their points instead.

Myth: You can only take dance for credit once.

Fact: Actually you can repeat dance classes for various credits. Dance can count as either a PE or a Fine Art credit toward graduation. (2 semesters of PE and 2 semesters of either Fine Art or CTE are required.)