

Berrien Springs Partnership Lab Syllabus and Instructor

Qualifications LABS (CLASSES) ARE PROVIDED AS AN EDUCATIONAL SOURCE FOR

PBL (PROJECT BASED LEARNING)

COMMUNITY CLASS TITLE: ESA Aerial Arts Level 1

GRADE OR AGE LEVELS: Ages 5+

FORMAT: IN-PERSON ONLINE FLEXIBLE DAY AND TIME OF THE WEEK: In person - a variety of days & time options offered. See website to select a day/time

TOTAL REQUIRED HRS: ADD'L POSSIBLE HRS (OPTIONAL TIME): TOTAL SEMESTER HOURS POSSIBLE: 18- 20

LOCATION: Elite Sports Academy 55200 Pine Rd. South Bend, IN 46628

INSTRUCTOR: Vivianne Perez

CONTACT INFORMATION: phone:574-234-7019 email: esa.aerialarts@gmail.com website: www.esaaerialarts.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? Yes

IF YES, INSTRUCTIONS FOR REGISTRATION: Create an account on our parent portal (see website) and then contact us by phone, email or person to finish registering for desired class.

INSTRUCTOR QUALIFICATIONS

Graduated from Andrews University with a bachelor's degree in Business Admin and minor in Fitness Education. Competed in acrobatics, coached gymnastics since 2007, 6 year team member of the performing acrobatics group, Gymnics and practiced circus arts since 2009. Has taught aerial arts at ESA since 2012

COURSE DESCRIPTION (OVERVIEW): Learn the basics of

silks & lyra in a safe and FUN environment! Students will learn skills on

circus apparatus while developing strength, coordination, balance and

flexibility. No experience necessary!

**SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED
LEARNING LAB ACTIVITIES**

Each week students will work on beginning moves on the silks & lyra while building strength and flexibility. Each week has a different lesson plan but each class follows the same format of: warm-up, aerial apparatus 1, aerial apparatus 2, game or activity, stretch.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Students have a skill check off sheet that is used to measure progress. Students are not expected (and rarely do) learn and master all the skills in one semester. Progress is vastly different from one student to the next. Since classes are held year round with enrollment ongoing Partnership Students will join and be taught skill/ability appropriate tricks along

with other class members.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

Class-specific assessment: discuss and include the form or a link to the form that you use.

ADDITIONAL RESOURCES: (online, books, video, etc.):

Aerial Physique (paid subscription but they also have free videos on youtube and instagram)

Home conditioning: Aerial Physique's PDF book (\$20)

Watch Cirque Du Soleil's Worlds Away (available streaming or dvd) or see a show live

Watch getting into Cirque Du Soleil Audition Documentary on YouTube.

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Please arrive a few minutes early for class. Absences can be made up (not required except what is expected by the partnership) in an equivalent level/age class as space allows.

Behavior: Students are expected to pay close attention to instructor and follow all rules. Students with behavior issues will be given up to 3 strikes before being asked to sit out of class.

Weather: ESA does not follow the school's closures. Any weather related closures will be sent out by email, text and Facebook.

Other: Class attire is Leggings & FITTED shirt and/or leotard. (NO T-SHIRTS) If the shirt is falling over the face when upside down, it's too big.