

ACTS DANCE & ARTS ACADEMY

ONLINE MAPEH CLASS



**SCHEDULES
RATES
CURRICULUM GUIDE**

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>

CLASSES & TEACHERS

ACTS DANCE & ARTS ACADEMY

MUSIC
PIANO
BEGINNER'S
COURSE

ACTS DANCE & ARTS ACADEMY

TEACHER JOY

Teacher Joy is a self-taught pianist and has been honing her craft since 1995. She was keyboardist to an acoustic band that performed at cafes and hotels. Her favorite genres to play on piano are ballads, pop, rock, jazz, acoustic, and alternative. Coach Joy is also a teacher to homeschool students.

PIANO

Our piano classes are perfect for children and adults with no background in piano. Initial lessons are designed to train coordination of eyes, ears, and hands through constant practice. On the very first session, students will get to learn their first piano piece!

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



PIANO BEGINNER'S COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 4 onwards
(Ages 7 and above)

REQUIREMENTS:

66-key Piano
acoustic or electricmobile phone or
laptop with video
speaker
micInternet connection

WHAT YOU'LL LEARN IN THIS COURSE:

- Eye, ear, hand coordination while playing
- Basic Note reading
- Rhythm, Accent, & Tempo
- Tonal Shading
- Sharps and Flats / Whole Tones
- Semi Tones
- Playing on Keys of C and G

SESSION SUMMARY

SESSION 1

Hand position; Musical Phrase;
Key of C

SESSION 2

Music Patterns, Melody
Patterns

SESSION 3

Rhythm, Accents & Tempo

SESSION 4

Tonal Shading

SESSION 5

Semitones and Whole Tones;
Basic Note reading

SESSION 6

Accidentals; Transposition to
Key of G

SESSION 7

Assessment with a Practice
Piece

SESSION 8

Phrasing Attack; Combining
Hand positions for C and G

MUSIC **GUITAR** **BEGINNER'S** **COURSE**

ACTS DANCE & ARTS ACADEMY

TEACHER TIM

Teacher Tim is a self-taught guitarist. His repertoire consists of jazz, hip-hop, and classical. He has been a guest in several music podcasts and has done collab projects with young and talented singers. He shares his love for his craft through his short v-logs.

GUITAR

Music is good, not just for the heart, but also for the mind. Children who play music are observed to perform better in academics. ACTS' guitar classes offer beginner-level sessions that both children and adults will enjoy.

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



ARTS FREEHAND & TECHNIQUES

ACTS DANCE & ARTS ACADEMY

TEACHER INCA

Teacher Inca produces artwork that showcases pointillism. She paints images through patient clustering of dots, a process that takes hours to complete. A school teacher herself, Inca desires to share her passion for pointillism to younger artists.

ART CLASS

Sessions will focus on helping students acquire foundational skills, such as sketching, drawing, outlining, and shading. Students' creativity will be engaged through practice and mentoring. They will be given art projects or assignments that will be showcased through an online exhibit.

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



ART COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 - 9 (11 - 14 years old)

REQUIREMENTS:

- Paper
- Pencil
- Coloring materials

WHAT YOU'LL LEARN IN THIS COURSE:

- Introduction to freehand and its basic techniques.
- How to use color combinations for various uses.
- Defining shape and texture.

SESSION SUMMARY

SESSION 1

Course Intro + Skills Assessment

SESSION 2

Basic Strokes + Activity

SESSION 3

Basic Shapes + Activity

SESSION 4

Color foundations + Activity

SESSION 5

Patterns and Shapes + Activity

SESSION 6

Patterns with color combinations + Activity

SESSION 7

Redraw Activity 1

SESSION 8

Redraw Activity 2

PE FIT & MOVE

ACTS DANCE & ARTS ACADEMY

COACH JANE

Coach Jane is a physical education teacher by profession and has been at it for more than a decade. She has taught in various schools, such as OB Montessori, Victory School and QCCA. Coach Jane is also a homeschool teacher and mother of two boys.

FIT & MOVE

This class is a combination of fitness workout and movements. For this quarter, it will focus on basic fitness using locomotor and non-locomotor movements. Students will also learn basic folk dance in celebration of Buwan ng Wika this August.

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



FIT & MOVE 1

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 – 3 (Ages 5 – 8)

REQUIREMENTS:

- Gym mat
- Red “Panyo” (Boys)
- Abaniko (girls)

WHAT YOU’LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Identify locomotor and non locomotor movements
- Understanding body and space awareness
- Rhythmic routines through intriduction to Folk dance | Cariñosa

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + non locomotor movements + HW

SESSION 3

Basic workout + Locomotor movement

SESSION 4

Basic Workout 2 + Cariñosa 1 + HW

SESSION 5

Basic Workout 2 + Cariñosa 2 + HW

SESSION 6

Workout Assesment + Cariñosa 3

SESSION 7

Cariñosa 4

SESSION 8

Cariñosa 5 + Feedback

FIT & MOVE 2

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 4 – 6 (Ages 8 – 11)

REQUIREMENTS:

- Gym Mat
- Jumping rope
- Castanets

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Identify locomotor and non locomotor movements
- Understanding of the importance of physical activity & fitness
- Skill | Jumping rope
- Rhythmic routines through intriduction to Folk dance | La Jota Moncadeña

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + non locomotor movements + HW

SESSION 3

Basic workout + Jumping rope

SESSION 4

Basic Workout with Jumping rope + La Jota Moncadeña + HW

SESSION 5

Basic Workout with Jumping rope + La Jota Moncadeña 2 + HW

SESSION 6

Workout Assesment + La Jota Moncadeña 3

SESSION 7

La Jota Moncadeña 4

SESSION 8

La Jota Moncadeña 5 + Feedback

FIT & MOVE 3

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 7- 9 (Ages 11 - 14)

REQUIREMENTS:

- Gym Mat
- Coordination Ladder
- 3pcs hard plastic cup with LED candle

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Understanding of the importance of physical activity & fitness
- FITT Principle
- Cardio & Coordination skills
- Rhythmic routines through intriduction to Folk dance | Pandango sa Ilaw

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + FIIT principles

SESSION 3

Basic workout + coordination Ladder + Assessment

SESSION 4

Workout + Pandango sa Ilaw + HW

SESSION 5

Workout with Ladder + Pandango sa Ilaw 2 + HW

SESSION 6

Workout Assesment + Pandango sa Ilaw 3

SESSION 7

Pandango sa Ilaw 4

SESSION 8

Pandango sa Ilaw 5 + Feedback

FIT & MOVE 4 COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 10 – 12 (Ages 14 – 17)

REQUIREMENTS:

- Gym Mat
- weights
- 2pcs stick made of bamboo (1 ½ feet)

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Understanding of the importance of physical activity & fitness
- FITT Principle
- Workout using weights
- Rhythmic routines through intriduction to Folk dance | Sakuting

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + FIIT principles

SESSION 3

Basic workout + Weights + Assessment

SESSION 4

Workout + Sakuting+ HW

SESSION 5

Workout with Weights + Sakuting 2 + HW

SESSION 6

Workout Assesment + Sakuting 3

SESSION 7

Sakuting 4

SESSION 8

Sakuting 5 + Feedback

PE
DANCE
HIPHOP

ACTS DANCE & ARTS ACADEMY

COACH DIANNE

Coach Dianne is the founder and choreographer of a professional dance group, Stylettos. She is also a homeschool teacher and a long-time resident coach at ACTS Dance and Arts Academy. She has performed both locally and internationally.

HIPHOP

Hip hop classes will concentrate on Hip Hop moves. Students will be introduced to preparatory dance techniques that will serve as building blocks for a more serious pursuit later. These classes are perfect for aspiring dancers who have little to no background in this moving art.

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



DANCE HIPHOP 1

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 – 3 (Ages 5 – 8)

REQUIREMENTS:

- Computer or Ipad
- Internet

WHAT YOU'LL LEARN IN THIS COURSE:

- Rhythmic Familiarization (how to properly count & be in sync or in-tuned with the music)
- Basic Grooving (Up Groove & Down Groove)
- Basic Footworks ,Hand Movements, Turns, and Levels
- Basic Hip hop Choreography

SESSION SUMMARY

SESSION 1

Course Intro + Rhythm
Familiarization + Basic Hand
Position (3) & Footworks (3)

SESSION 2

Down Groove & Up Groove (New
School Moves) + Test / Quiz

SESSION 3

Basic turns + 3 Levels +
Grooving & Freestyle Activity
applying session 1 & 2 learnings
+ HW

SESSION 4

Choreography + HW

SESSION 5

Review + Choreography + HW

SESSION 6

Focus on Choreography
(Routine)

SESSION 7

Focus on Choreography
(Routine)

SESSION 8

Focus on Choreography
(Routine) + Assessment

DANCE HIPHOP 2

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 4 – 6 (Ages 8 – 11)

REQUIREMENTS:

- Computer or Ipad
- Internet

WHAT YOU'LL LEARN IN THIS COURSE:

- Rhythmic Familiarization (how to properly count & be in sync or in-tuned with the music)
- Basic Grooving (Up Groove & Down Groove)
- Basic Footworks (2-3), Hand Movements (2-3)
- Turns, and Levels
- New School Moves (Old Gen)
- Basic Hip hop Choreography

SESSION SUMMARY

SESSION 1

Course Intro + Rhythm
Familiarization + Basic Hand
Position (3) & Footworks (3)

SESSION 2

Down Groove & Up Groove (New
School Moves) + Test / Quiz

SESSION 3

Basic turns + 3 Levels +
Grooving & Freestyle Activity
applying session 1 & 2 learnings
+ HW

SESSION 4

New School Groove (Old Gen) +
Choreography + HW

SESSION 5

Review + Choreography + HW

SESSION 6

Focus on Choreography
(Routine)

SESSION 7

Focus on Choreography
(Routine)

SESSION 8

Focus on Choreography
(Routine) + Assessment

DANCE HIPHOP 3

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 7 – 9 (Ages 11 – 14)

REQUIREMENTS:

- Computer or Ipad
- Internet

WHAT YOU'LL LEARN IN THIS COURSE:

- Rhythmic Familiarization (how to properly count & be in sync or in-tuned with the music)
- Basic Grooving (Up Groove & Down Groove)
- Basic Footworks (2-3), Hand Movements (2-3)
- Turns, and Levels
- New School Moves (Old Gen)
- New School Moves (New Gen)
- Basic Hip hop Choreography

SESSION SUMMARY

SESSION 1

Course Intro + Rhythm
Familiarization + Basic Hand
Position (2) & Footworks (2) +
Down Groove & Up Groove (New
School Moves) + 3 Levels

SESSION 2

Basic turns + Grooving &
Freestyle Activity applying
session 1 & 2 learnings + HW +
Test / Quiz

SESSION 3

Review + New School Move (Old
Gen) & (New Gen)

SESSION 4

Choreography + HW

SESSION 5

Review + Choreography + HW

SESSION 6

Review + Choreography + Quiz

SESSION 7

Focus on Choreography
(Routine)

SESSION 8

Focus on Choreography
(Routine) + Assessment

DANCE HIPHOP 4

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 10 – 12 (Ages 14 – 17)

REQUIREMENTS:

- Computer or Ipad
- Internet

WHAT YOU'LL LEARN IN THIS COURSE:

- Rhythmic Familiarization (how to properly count & be in sync or in-tuned with the music)
- Basic Grooving (Up Groove & Down Groove)
- Basic Footworks (4), Hand Movements (4), Turns, and Levels
- New School Moves (Old Gen) 2
- New School Moves (New Gen) 2
- Basic Hip hop Choreography

SESSION SUMMARY

SESSION 1

Course Intro + Rhythm
Familiarization + Basic Hand
Position (2) & Footworks (2) +
Down Groove & Up Groove (New
School Moves) + 3 Levels

SESSION 2

Basic turns + Grooving &
Freestyle Activity applying
session 1 & 2 learnings + HW +
Test / Quiz

SESSION 3

Review + New School Move (Old
Gen) 2 & (New Gen) 2

SESSION 4

Choreography + HW

SESSION 5

Review + Choreography + Quiz

SESSION 6

Focus on Choreography
(Routine)

SESSION 7

Focus on Choreography
(Routine)

SESSION 8

Focus on Choreography
(Routine) + Assessment

PE
DANCE
BALLET

ACTS DANCE & ARTS ACADEMY

COACH DANI

Coach Dani is the coach of the UST - SHS Galvanize Ballet and Contemporary. She is an alumni at the De La Salle - College of Saint Benilde with a degree of Bachelor of Performing Arts in Dance. She produced, directed and choreographed her own dance production - Recreate.

BALLET

Ballet will focus on preparatory ballet in barre, center technique and class etiquette. Emphasis is given to learning ballet vocabulary, focusing on development of coordination, strength, and flexibility, musicality, and body awareness.

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



DANCE BALLET 1

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 – 3 (Ages 5 – 8)

REQUIREMENTS:

- Gym Mat
- Ballet uniform & shoes (pink)

WHAT YOU'LL LEARN IN THIS COURSE:

- Brief History in Ballet and Class Etiquette
- Basic Positions of the Arms and Feet
- Basic Barre and Center Exercises and Stretching
- Ballet Vocabulary

SESSION SUMMARY

SESSION 1

Brief History in Ballet + Class Etiquette and Rules + Basic Positions of the Arms and Feet

SESSION 2

Barre Exercise (Warm-up, Plie, Tendus, Jetes and Rond De Jambe) + Stretching (Splits and Leg Extensions)

SESSION 3

Barre Exercise (Warm-up, Plie, Tendus, Jetes, Developpe, and Grand Battement) + Vocabulary Review

SESSION 4

Barre Exercise (Whole session 2 and 3) + Quiz (Vocabulary) + HW

SESSION 5

Barre Exercise (Fondus, Frappes, Adagio, and Grand Battement) + Stretching (Splits and Leg Extensions)

SESSION 6

Barre exercise + Center Exercise (Plies, Tendus, and Jumps)

SESSION 7

Barre Exercise + Center Exercise (Battements, Glissades and Jetes) + Reminder of Output HW

SESSION 8

Barre Exercise + Assesment of HW Output

PE TAEKWONDO

ACTS DANCE & ARTS ACADEMY

COACH NICO

Coach Nico is the Vice President of the Panotes Tae Kwon Do System. He has competed and won titles in numerous competitions in the Philippines. In addition, Coach Nico is a three-time Gold medalist at the NCAA Poomsae Korea Open.

TAEKWONDO

Keep your kids fit and motivated with our Taekwondo Class! Physical exercise helps promote your child's resistance against sickness. Learn taekwondo the traditional way with a twist of the future. Philippine Taekwondo Association syllabus approved and certified!

Register now!

<https://forms.gle/gnA47YD44F3X6hFr7>



TAEKWONDO COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

All levels (Ages 5 & up)

REQUIREMENTS:

- Jogging pants
- White shirt

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic stance
- Hand Techniques
- Kick series
- Taequek 1

SESSION SUMMARY

SESSION 1

Taekwondo Terminologies, Stances

SESSION 2

Hand Techniques (Middle punch) & Kicks series

SESSION 3

Hand Techniques (low block) & Kicks series

SESSION 4

Hand Techniques (Middle & High block) & Kicks series

SESSION 5

Hand & Kick Techniques & Taequek 1

SESSION 6

Hand & Kick Techniques & Taequek 1

SESSION 7

Hand & Kick Techniques & Taequek 1

SESSION 8

Assessment

SCHEDULES & RATES

ACTS DANCE & ARTS ACADEMY



MAPEH CLASS AT ACTS

CLASSES OFFERED

Taekwondo, Hiphop, Ballet, Arts, Piano & Guitar

Php 4000.00 for 3 classes (24 ses)

Php 2800.00 for 2 classes (16 ses)

Php 1500.00 for 1 class (8ses)

Contact | 0917.923.74.53 | 7719.4062

JULY 13 2020



MAPEH CLASS SCHEDULE | JULY - SEPTEMBER 2020

MUSIC

GUITAR

Grade 6 - 9 (Ages 9 - 17 years old)

Wednesday 11:00 - 12:00 PM

PIANO

Grade 3 - 6 (Ages 7 - 11 years old)

Tuesday 11:00 - 12:00 PM

*** Musical instrument c/o of the students

ARTS

ART 1

Grade 1 - 3 (Ages 5 - 8 years old)

Thursday 9:00 - 10:00 AM

ART 2

Grade 4 - 6 (Ages 8 - 11 years old)

Thursday 11:00 - 12:00 NN

ART 3

Grade 7 - 9 (Ages 11 - 14 years old)

Thursday 1:00 - 2:00 PM

*** Art Materials c/o of the students

PHYSICAL EDUCATION

BALLET

Grade 1 - 3 (Ages 5 - 8 years old)

Monday 11:00 - 12:00 NN

HIPHOP 1

Grade 1 - 3 (Ages 5 - 8 years old)

Tuesday 1:00 - 2:00 PM

HIPHOP 2

Grade 4 - 6 (Ages 8 - 11 years old)

Monday 1:00 - 2:00 PM

HIPHOP 3

Grade 7 - 9 (Ages 11 - 14 years old)

Tuesday 2:30 - 3:30 PM

HIPHOP 4

Grade 10 - 12 (Ages 14 - 17 years old)

Tuesday 9:00 - 10:00 AM

TAEKWONDO

All level (Age 5 - 17 years old)

Wednesday 1:00 - 2:00 PM

FIT & MOVE 1

Grade 1 - 3 (Ages 5 - 8 years old)

Friday 11:00 - 12:00 NN

FIT & MOVE 2

Grade 4 - 6 (Ages 8 - 11 years old)

Friday 1:00 - 2:00 PM

FIT & MOVE 3

Grade 7 - 9 (Ages 11 - 14 years old)

Friday 2:30 - 3:30 PM

FIT & MOVE 4

Grade 10 - 12 (Ages 14 - 17 years old)

Friday 9:30 - 10:30 AM

Contact
0917.923.74.53 | 7719.4062

Register:
www.actsonlineclasses.com

ONLINE ENROLLMENT

STEP ONE

**Please register (click link below).
Fill up the following information's**

<https://forms.gle/qhZ9VmJ9kvopqNwG7>

STEP TWO

**Wait for email conformation and billing regarding the desire classes you
want to enroll.**

STEP THREE

Pay the enrollment fee through the following :

BANK DEPOSIT

BPI Account Number:

4520-001-285

BPI Account Name:

A COMPANY OF THREE STRANDS EVENT MANAGEMENT

PAYPAL

actseventscompany@gmail.com

CREDIT CARD (through paypal)

actseventscompany@gmail.com

GCASH

09159652287

**Scan or take a photo of the deposit slip to
actsdanceacademy@gmail.com then text us 09179237453 once you've
sent it already.**

**THANK YOU
HOPE TO SEE YOU!**

ACTS DANCE & ARTS ACADEMY
+63917.923.7453
actsdanceacademy@gmail.com
www.actsonlineclasses.com