

Year at a Glance

Dance Techniques 3 Honors

0300330

2021-2022 School Year



Course Description:

Students in this year-long, intermediate-level course, designed for dancers who have mastered the basics in two or more dance forms, build technical and creative skills with a focus on developing the aesthetic quality of movement in the ensemble and as an individual.

Special Note: Two or more forms, genres, styles, or techniques of dance (e.g., modern, ballet, jazz, folk, tap, hip-hop, ballroom) must be addressed in this course; aerobics instruction is not suitable for this course. This course may require students to participate in extra rehearsals and performances beyond the school day.

Honors and Advanced Level Course Note: Advanced courses require a greater demand on students through increased academic rigor. Academic rigor is obtained through the application, analysis, evaluation, and creation of complex ideas that are often abstract and multi-faceted. Students are challenged to think and collaborate critically on the content they are learning. Honors level rigor will be achieved by increasing text complexity through text selection, focus on high-level qualitative measures, and complexity of task. Instruction will be structured to give students a deeper understanding of conceptual themes and organization within and across disciplines. Academic rigor is more than simply assigning to students a greater quantity of work.

Standards:

Available on [CPalms](#)

[Dance Techniques 3 Honors](#)

Note: Teachers may use additional resources as listed on individual classroom syllabi. For specific questions regarding individual classrooms, please contact the teacher for clarification.

This guide represents a recommended sequence that can be used voluntarily by teachers. Dates may vary depending on individual classrooms. For specific questions regarding pacing please contact the individual teacher for clarification.

The following Benchmarks are addressed daily in class/rehearsals. They are considered over-arching Benchmarks:

- Apply replication, physical rehearsal, and cognitive rehearsal to aid in the mental and physical retention of patterns, complex steps, and sequences performed by another dancer.
- Weigh and discuss the personal significance of using both physical and cognitive rehearsal over time to strengthen one's own retention of patterns, complex steps, and sequences for rehearsal and performance.
- Demonstrate effective teamwork and accountability, using compromise, collaboration, and conflict resolution, to set and achieve goals as required in the work environment.
- Apply standards of class and performance etiquette consistently to attain optimal working conditions.

- Perform dance pieces to express feelings, ideas, cultural identity, music, and other abstract concepts through movements, steps, pantomime, and gestures.
- Sustain focused attention, respect, and discipline during class, rehearsal, and performance.
- Apply corrections and concepts from previously learned steps to different material to improve processing of new information.
- Demonstrate retention of directions, corrections, and memorization of dance from previous rehearsals and classes.
- Initiate movement transitions and change of weight, in and through space, with clear intention and expression appropriate to one or more dance forms.
- Move with agility, alone and relative to others, to perform complex dance sequences.
- Demonstrate mastery of dance technique to perform technical skills in complex patterns with rhythmic acuity, musicality, and clear intent, purpose, expression, and accuracy.
- Select and apply sport/activity specific warm-up and cool-down techniques.
- Accept feedback from others, analyze it for validity, and apply suggestions appropriately to future performances or designs.

Quarter	Major Concepts/Topics
1	<p>Foundations in Dance and Choreography See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> • Evaluate nuances of movement and their relationship to style, choreographic elements, and/or other dancers, and apply this knowledge to alter personal performance. • Critique the quality and effectiveness of performances based on exemplary models and self-established criteria. • Employ acquired knowledge to stimulate creative risk-taking and broaden one’s own dance technique, performance and choreography. • Practice conditioning methods that complement the physical instrument, and determine the degree of personal improvement in established dance techniques. • Improvise or choreograph and share a dance piece that demonstrates and kinesthetically reinforces understanding of a process studied in another content area. • Dissect or assemble a step, pattern, or combination to show understanding of the movement, terminology, and progression. • Construct a dance that uses specific choreographic structures to express an idea and show understanding of continuity and framework. • Manipulate elements, principles of design, or choreographic devices creatively to make something new, and evaluate the effectiveness of the changes. • Use accurate dance and theatre terminology to communicate effectively with teachers, directors, dancers, and technical crews. • Synthesize a variety of choreographic principles and structures to create a dance. • Create dance studies using dance vocabulary and innovative movement. • Demonstrate ability to manipulate, reverse, and reorganize combinations to increase complexity of sequences. • Articulate and consistently apply principles of alignment to axial, locomotor, and non-locomotor movement. • Perform dance vocabulary with musicality and sensitivity. • Maintain balance while performing movements that are vertical, off-vertical, or use a reduced base of support. • Use resistance, energy, time, and focus to vary expression and intent. • Articulate and apply a stylistically appropriate sense of line to enhance artistry in one or more dance forms.

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	<ul style="list-style-type: none"> Analyze the movement performance of self and others. Perform advanced dance sequences from a variety of dances accurately. Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.
2	<p>Learning About Dance, Music and Technology See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> Develop a plan to improve technique, performance quality, and/or compositional work with artistic intent. Study and/or perform exemplary works by choreographers who use new and emerging technology to stimulate the imagination. Use accurate anatomical terminology to identify planes, regions, bones, muscles, and tissues. Explore and select music from a broad range of cultures to accompany, support, and/or inspire choreography. Study dance works created by artists of diverse backgrounds, and use their work as inspiration for performance or creating new works. Observe, practice, and/or discuss a broad range of historical, cultural, or social dances to broaden a personal perspective of the world. Use, proficiently and accurately, the world language(s) appropriate to the study of a dance genre. Use imagery, analogy, and metaphor to improve body alignment and/or enhance the quality of movements, steps, phrases, or dances. Investigate and describe, using accurate dance terminology, the purposes, possible variations, and connections of dance vocabulary. Identify muscular and skeletal structures that facilitate or inhibit rotation, flexion, and/or extension. Apply terminology and etiquette in dance. Apply listening strategies to promote appreciation and understanding of unfamiliar musical works.
3	<p>Critical Thinking in Dance See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> Develop and articulate criteria for use in critiquing dance, drawing on background knowledge and personal experience, to show independence in one’s response. Analyze movement from varying perspectives and experiment with a variety of creative solutions to solve technical or choreographic challenges. Make informed critical assessments of the quality and effectiveness of one’s own technique and performance quality, based on criteria developed from a variety of sources, to support personal competence and artistic growth. Assess artistic or personal challenges, holistically and in parts, to explore and weigh potential solutions to problems in technique or composition. Synthesize information and make use of a variety of experiences and resources from outside dance class to inform and inspire one’s work as a dancer. Explain the importance of story or internal logic in dance and identify commonalities with other narrative formats. Generate choreographic ideas through improvisation and physical brainstorming. Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.
4	<p>Dancer Health, Careers and Copyright See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> Investigate local, regional, state, national, and global resources to support dance-related work and study.

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	<ul style="list-style-type: none">• Design a repertory list and/or résumé for application to higher education or the workforce that highlights marketable skills and knowledge gained through dance training.• Create and follow a plan to meet deadlines for projects to show initiative and self-direction.• Adhere to copyright laws for choreography and music licensing to show respect for the intellectual property of others.• Explain the importance of proper nutrition, injury prevention, and safe practices to optimal performance and the life-long health of a dancer.• Develop and maintain flexibility, strength, and stamina for wellness and performance.• Predict how healthy behaviors can affect health status.• Propose strategies to reduce or prevent injuries and health problems.
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