

Year at a Glance

Dance Techniques 2

0300320

2021-2022 School Year



Course Description:

Students in Dance Techniques II, a year-long course, build on previously acquired knowledge and fundamental technical skills in two or more dance forms, focusing 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.

Standards:

Available on [CPalms](#)

[Dance Techniques 2](#)

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.
- 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.
- 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"> • Employ acquired knowledge to stimulate creative risk-taking and broaden one’s own dance technique, performance and choreography. • Dissect or assemble a step, pattern, or combination to show understanding of the movement, terminology, and progression. • 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. • Analyze the movement performance of self and others. • Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.
2	<p>Learning About Dance and Music 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. • Demonstrate knowledge of basic anatomy, the vertebral structure, physiology, and kinesiology related to dance technique and conditioning. • 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. • 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"> • Analyze movement from varying perspectives and experiment with a variety of creative solutions to solve technical or choreographic challenges. • Assess artistic or personal challenges, holistically and in parts, to explore and weigh potential solutions to problems in technique or composition. • Research the purposes, past and present, of dance in varied cultures and document its social and political impact on cultures over time. • Explain the importance of story or internal logic in dance and identify commonalities with other narrative formats. • Assess the work of others, using established or derived criteria, to support conclusions and judgements about artistic progress.

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4	<p>Dancer Health and Copyright See over-arching Benchmarks above.</p> <ul style="list-style-type: none">• 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.• Identify the major bones of the axial and appendicular skeleton.
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