

Year at a Glance



Dance Techniques 1

0300310

2021-2022 School Year

Course Description:

Students in this year-long, entry-level course, designed for those having no prior dance instruction, learn foundational skills in two or more dance styles. Their development of fundamental dance technique is enriched and enlivened through study of works by a variety of diverse artists, developing genre-specific movement vocabulary and dance terminology, and building knowledge and skills related to somatic practices, dance composition, analysis of effort and outcomes, dance history and culture, collaborative work, and rehearsal and performance protocols.

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 1](#)

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.

- 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 See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> • 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. • Articulate and consistently apply principles of alignment to axial, locomotor, and non-locomotor movement. • Maintain balance while performing movements that are vertical, off-vertical, or use a reduced base of support. • Analyze the movement performance of self and others.
2	<p>Learning About Dance See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> • Study dance works created by artists of diverse backgrounds, and use their work as inspiration for performance or creating new works. • Use, proficiently and accurately, the world language(s) appropriate to the study of a dance genre. • Compare dances of different styles, genres, and forms to show understanding of how the different structures and movements give the dance identity. • Use imagery, analogy, and metaphor to improve body alignment and/or enhance the quality of movements, steps, phrases, or dances. • Use accurate dance and theatre terminology to communicate effectively with teachers, directors, dancers, and technical crews. • Apply terminology and etiquette in dance.
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. • Survey specific, exemplary repertory and summarize why it has been judged, over time, as having a high level of technique, aesthetic appeal, cultural influence, and/or social value. • Assess the work of others, using established or derived criteria, to support conclusions and judgements about artistic progress.
4	<p>Dancer Health and Careers See over-arching Benchmarks above.</p> <ul style="list-style-type: none"> • 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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