

Blackhawk School District

CURRICULUM

Course Title:	Advanced Dance
Course Number:	1345 First Semester / 1346 Second Semester
Grade Level(s):	Grades 8-12
Periods per week:	Every Other Day
Length of Period:	42 minutes
Length of Course:	Semester
Credits:	.25 credits
Faculty Author(s):	Nancy Davies and Heather Kronk
Date:	Fall 2008; Revised May '09

COURSE DESCRIPTION:

The Advanced Dance Class is for students in grades 8th through 12th who have a minimum of 1 year of dance training. Participants need to have a basic knowledge of dance and dance vocabulary. Students must have appropriate dance attire to participate (leotard, tights, and ballet slippers). Students will be instructed in tap, jazz, and ballet. A certified dance instructor and a physical education teacher will instruct the class.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE & Proposed Time	OBJECTIVES (PA standard)	RESOURCES	LESSON REFLECTION (for future revisions)
<ul style="list-style-type: none"> ➤ Proper classroom etiquette <ol style="list-style-type: none"> 1. Proper Attire 2. Proper behavior. 3. Respect for teacher, students, and the art form. ➤ Gain better strength, flexibility, and balance: <ol style="list-style-type: none"> 1. Ballet barre stretches 2. Center floor stretches 3. Calf and Ankle strength through releve and tendu. 4. Upper body strength: abdominal work, proper placement whole dancing, lower back strength (arabesque). 5. Arm strength through port de bra, push-ups, and dips. 6. Inner and other thigh strength: Plie, developpe, and grand battement ➤ Students will learn basic dance steps and begin to combine them in to short 8-16 count combinations. Basic dance steps to learn: <ul style="list-style-type: none"> Plie Grand Battement Tendu Releve Saute Changement Chasse Chaine Rond de jambe Developpe Pas de Chat Port de bra Degege Pique Leaps Pas de bourree Echappe Passe Jumps 	<p>10.3.12 D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.5.9 C Identify and apply practice strategies for skill improvement</p> <p>10.5.9 D Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.4.9 Understand the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>9.1.12 A Know and use elements and principles of dance to create works: Elements: energy/force, space, time Principles: choreography, form, genre, improvisation, style, and technique</p> <p>9.1.12 B. Recognize, know, use, and demonstrate a variety of appropriate arts elements and principles to produce, review and review original works in the arts. i.e. move, perform, improvise</p> <p>9.1.12 C Integrate and apply advanced vocabulary to dance.</p> <p>9.1.12 G Analyze the effect of rehearsal and practice sessions.</p>	<p>Dance Studio</p> <p>Stereo</p>	