

Blackhawk School District

CURRICULUM

Course Title:	Beginning Dance
Course Number:	1341 First Semester / 1342 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 beginning Dance Class is for students in grades 8th through 12th who have no/minimal dance training. Students will be introduced to the basic components of ballet and jazz dance techniques. Students will also learn and perform basic dance, emphasizing proper body alignment, strength, and musicality. Students will be introduced to dance history and the French dance terminology. Students are responsible for acquiring appropriate dance attire (leotard, tights, and ballet slippers). 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, develop, 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>	