**Dance Techniques and Elements Course Overview**

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| Organizing Topic | Essential Knowledge & Skills | Related SOL | Sample Assessment Methods | Sample Resources | Time Taught During Semester/Year  |
| Warming Up & Conditioning | \*bones & muscles in body\*coordination of upper and lower body, right and left\*balance or maintenance of axis/center while moving\*how to shift weight\*execution of movements\*form strong core muscles for more difficult movements\*3 physiological reasons for warming up\*elements of warming up: isolations, reaches, contractions, plies, tendues, releves, etc.\* assessment of work | A7-8:15A7-8:16A7-8:17A7-8:19A7-8:20 & A7-8:21DA:Pr4.1.8DA:Pr5.1.8DA:Pr6.1.8DA:Re8.1.8DA:Cn10.1.8DA:Cn11.1.8 | Journals – Notations of workReflections of progressWarm Up Assessment(s)Conditioning for Lifelong Wellness TargetsSkills Test Learning Targets | Entrance/Exit TicketsConditioning Notes to Self WorksheetWarm Up & Conditioning NotationsWarm Up Critique SheetWarm Up & Technique Reflection | 1st marking period or 1st 4-6 weeks of each semesterConditioning occurs the 1st day of the week each week of the course |
| Technique & Dance Terminology | \*observe, execute, and technically clean ballet/jazz terminology taught\*maintain proper alignment, balance, coordination, muscle control, and spatial relations while executing dance vocab/phrases\*demonstrate correct rhythm & tempo for steps/phrases\*collaborate with others\*create phrases with terminology & technique studied\*critique self and others\*reflect on work | A7-8:3A7-8:15A7-8:16 A7-8:19A7-8:20 & A7-8:21DA:Pr4.1.8DA:Pr5.1.8DA:Re.7.1.8DA:Re.8.1.8DA:Re.9.1.8 | Terminology TestsSkills Test Learning Targets | Terminology Handout10 Step CombosWarm Up & Technique ReflectionJazz Dance Phrase Combination Score SheetTeaching Combos RubricDance Combination Notation Completion Chart | From week 1 through end of the semester performance...Terminology tests given after 4-6 weeks of terminology & technique study |
| Creating dances (choreography)& end of semester performance | \*students will study the elements of dance (time, space, & energy)\*students will create movement phases using knowledge of technique, terminology, & the 3 dance elements\* students will cooperate with others, share ideas, and respond to others verbally & physically\*students will reflect on work through self, peer, & group critique methods\*students will perform work for the public | A7-8:1A7-8:15A7-8:16 & A7-8:17A7-8:21DA:Pr4.1.8-IDA:Pr5.1.8-IDA:Pr6.1.8-IDA:Re.7.1.8-IIDA:Re.8.1.I-IIDA:Re.9.1.I-IIDA:Cn10.1.7-IDA:Cn11.1.7-I | Choreography Tests & Performance ReflectionsPersonalized Inquiry Based ProjectMaking Connections and Communicating in Dance TargetsIntentional Choreography Learning TargetPerformance Evaluation Learning Target | Journal – Notations of phrasesReflection on workElements of Dance HandoutsClass Participation Rubric (to be completed by teacher)Video Critique/Assessment Score Sheet(to be done by self/peer) | To be done the last month to 2 months each semester |
| Improvisation | \*students will explore the elements of dance (time, space, & energy) with prompts by the teacher\*students will create movement phases using knowledge of technique & the 3 dance elements\* students will cooperate with others, share ideas, and respond to others verbally & physically\*students will reflect on learning | A7-8:1A7-8:2A7-8:13A7-8:14A7-8:21DA:Cr1.1.7-IDA:Cr3.1.7-IDA:Pr4.1. 7-IDA:Pr5.1. 7-IDA:Pr6.1. 7-IDA:Re.7.1.7-IDA:Re.8.1.7-IDA:Re.9.1.7-I  | Genre/Dance Form Study Exploration Targets | Journal – Reflect on work Notate ideas for creating dancesTeacher’s books, cards, handouts, etc. on improv activities | Every Friday to start class☺ |
| Making student portfolios | \*Decorate personal folder\*Organize materials for folder\*Gathering supporting evidence (chosen and required pieces) of work through the semester \*Writing personal reflections on each chosen piece of work | A-8:14A7-8:15A7-8:16A7-8:17DA:Cr1.1.7-IDA:Cr2.1.7-IDA:Cr3.1.7-IDA:Re8.1.7-IDA:Re9.1.7-IDA:Cn10.1.7-IDA:Cn11.1.7-I | Portfolio Scoring Rubric SheetMaking Connections and Communicating in Dance Targets | Portfolio To Do’s PaperFolders…Personal Dance Portfolio PaperPortfolio Reflection Paper | Organizing materials happens throughout the semester as work is completed…Writing reflections and portfolio scoring happens the last week of school and finishes during the exam block |