**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 | A7-8:15  A7-8:16  A7-8:17  A7-8:19  A7-8:20 &  A7-8:21  DA:Pr4.1.8  DA:Pr5.1.8  DA:Pr6.1.8  DA:Re8.1.8  DA:Cn10.1.8  DA:Cn11.1.8 | Journals –  Notations of work  Reflections of progress  Warm Up Assessment(s)  Conditioning for Lifelong Wellness Targets  Skills Test Learning Targets | Entrance/  Exit Tickets  Conditioning Notes to Self Worksheet  Warm Up & Conditioning Notations  Warm Up Critique Sheet  Warm Up & Technique Reflection | 1st marking period or 1st 4-6 weeks of each semester  Conditioning 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 | A7-8:3  A7-8:15  A7-8:16  A7-8:19  A7-8:20 &  A7-8:21  DA:Pr4.1.8  DA:Pr5.1.8  DA:Re.7.1.8  DA:Re.8.1.8  DA:Re.9.1.8 | Terminology Tests  Skills Test Learning Targets | Terminology Handout  10 Step Combos  Warm Up &  Technique Reflection  Jazz Dance Phrase Combination Score Sheet  Teaching Combos Rubric  Dance 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 | A7-8:1  A7-8:15  A7-8:16 &  A7-8:17  A7-8:21  DA:Pr4.1.8-I  DA:Pr5.1.8-I  DA:Pr6.1.8-I  DA:Re.7.1.8-II  DA:Re.8.1.I-II  DA:Re.9.1.I-II  DA:Cn10.1.7-I  DA:Cn11.1.7-I | Choreography Tests &  Performance Reflections  Personalized Inquiry Based Project  Making Connections and Communicating in Dance Targets  Intentional Choreography Learning Target  Performance Evaluation Learning Target | Journal –  Notations of phrases  Reflection on work  Elements of Dance Handouts  Class 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 | A7-8:1  A7-8:2  A7-8:13  A7-8:14  A7-8:21  DA:Cr1.1.7-I  DA:Cr3.1.7-I  DA:Pr4.1. 7-I  DA:Pr5.1. 7-I  DA:Pr6.1. 7-I  DA:Re.7.1.7-I  DA:Re.8.1.7-I  DA:Re.9.1.7-I | Genre/Dance Form Study Exploration Targets | Journal –  Reflect on work  Notate ideas for creating dances  Teacher’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-8:14  A7-8:15  A7-8:16  A7-8:17  DA:Cr1.1.7-I  DA:Cr2.1.7-I  DA:Cr3.1.7-I  DA:Re8.1.7-I  DA:Re9.1.7-I  DA:Cn10.1.7-I  DA:Cn11.1.7-I | Portfolio Scoring Rubric Sheet  Making Connections and Communicating in Dance Targets | Portfolio To Do’s Paper  Folders…  Personal Dance Portfolio Paper  Portfolio 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 |