



# Dance

## Skills and Techniques

### Standard 1:

The student identifies and demonstrates movement elements in performing dance. (DA.A.1.2)

1. uses underlying principles of body movement (e.g., alignment, balance, imitation of movement, articulation of isolated body parts, weight shift, elevation and landing, contraction and release, and fall and recovery).
2. knows dance steps, positions, and patterns from various dance forms or traditions (e.g., ethnic, modern, and ballet).
3. uses transitional movements to connect motions made at low, middle, and high levels, both in place and through space.

### Standard 2:

The student understands choreographic principles, processes, and structures. (DA.A.2.2)

1. explores the use of basic choreographic principles (e.g., transition and dynamic change).
2. creates structured improvisations of dance movements in a variety of groupings.
3. creates a dance phrase (i.e., a brief sequence of related movements that has a sense of rhythmic completion), repeats it, and varies it (e.g., makes changes in time, space, and force/energy).
4. works with others using partnering skills such as imitating, leading, following, and mirroring.

## Creation and Communication

### Standard 1:

The student understands dance is a way to create meaning. (DA.B.1.2)

1. knows the difference between pantomiming and abstracting a gesture and performs a gesture using each technique.
2. performs movement sequences to various accompaniments (e.g., sound, music, and spoken text), demonstrating their effect.
3. creates a dance that communicates experiences and ideas of personal significance.

## Cultural and Historical Connections

### Standard 1:

The student demonstrates and understands dance in various cultures and historical periods. (DA.C.1.2)

1. knows the traditions and techniques (e.g., steps and movement styles) of various dances (e.g., folk, social, and classical) in various cultures and time periods.
2. performs folk, social, and classical dances from various cultures.
3. understands the role of dance in different cultures.

## Aesthetic and Critical Analysis

### Standard 1:

The student applies and demonstrates critical and creative thinking skills in dance. (DA.D.1.2)

1. understands how individual solutions to movement problems are based on personal choices.
2. understands similarities and differences among various dance compositions in terms of space, time, and force.
3. knows possible aesthetic criteria for evaluating dance (e.g., skill of performers, originality, visual and emotional impact, variety, and contrast).

## Applications to Life

### Standard 1:

The student makes connections between dance and healthful living. (DA.E.1.2)

1. creates personal improvement goals in dance and uses problem-solving techniques to achieve goals.
2. knows movement strategies that involve injury prevention (e.g., strength training, flexibility, and coordination).
3. understands how a healthy lifestyle program, which involves proper nutrition, adequate sleep,

and daily exercise, leads to enhanced dance performance.

**Standard 2:**

**The student makes connections between dance and other disciplines. (DA.E.2.2)**

1. creates a movement study that illustrates a concept