



Dance 9

Ms. Michele Colley

Course Purpose:

When studying dance we intend to:

- explore movement as an expression of emotion, culture, story and prayer
- increase awareness and appreciation of a variety of dance styles from more than one culture and/or tradition.
- develop creativity through original choreography.
- increase performance skills and develop a deeper understanding of the aspects of performance.
- enjoy a lifelong engagement with the arts.
- understand the dynamic and changing nature of the arts.
- address and increase four of the five aspects of physical fitness.
 - cardiovascular fitness
 - muscular strength
 - muscular endurance
 - flexibility
- increase body awareness and give a sense of physical well-being.
- increase knowledge of the anatomy and physiology of movement.

Course beliefs:

In order to appreciate the purpose of dance, I believe:

- Dance has a set of practices with their own histories and theories.
- Dance practice integrates physical, intellectual and emotional knowledge.
- Dance comes from various styles, traditions and cultures.
- Dance can be used as an effective way to create dialogue among various traditions and cultures.
- Dance is a form of creative expression that can be performed by any individual using a variety of modalities.
- Dance is understood as an individual and collective exploration of the expressive possibilities of bodily movement; “expressive movement.”

Course objectives:

Participation will be a key component of this class. Students will explore various dance techniques and styles. They will work on composition, performance and analysis of dance or “expressive movement.” Students will create, participate in and reflect upon dance forms and styles from different cultures and traditions, both familiar and unfamiliar.

Areas of Knowledge Questions:

- What role do the arts play in people's lives?
- Does involvement in the arts help in developing our own individuality?
- Can "expressive movement" increase our physical awareness and well-being?
- Is dance a viable way of conveying emotion and ideas?
- What is dance?
- What are different emotional reactions to dance?
- How can the use of dance techniques help in other subjects?
- How is dance essential in understanding life?
- Who and/or what defines quality dance?
- Is dance interpretive or concrete?

Student Materials:

- Comfortable, appropriate dance wear, in which the participant can easily move.
- Comfortable dance shoes or dedicated sneakers.
- Journal notebook.

Assessment:

Students will be graded on a yet to be determined percentage of the following categories:

- Class participation
- Performance
- Journal entries
- Small projects
- Dance reviews

Feedback pledge:

Students can expect to have grades on projects, reviews and performances within two weeks of presentation.

Sample of half semester course work

Warm ups and basic movement techniques

- techniques specific warm-ups
- dance improvisation
- routines/pieces

Elements of dance

- kinesthetic awareness
- movement skills
- space/time and movement qualities

Exploration of styles

- modern/contemporary
- ballet
- street

World Study

- Jewish folk dancing

Self expression/performance

- choreography
- performance skills
- communicative expression in relation to other performers and the audience

Comparison/Analysis

- Investigation
- Analysis of different dance styles/traditions both familiar and unfamiliar