

## ASD Academic Plan

### Physical Education: Dance, Intermediate

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> Intermediate dance enhances the skills and concepts introduced in Introductory Dance. Students are challenged to improve their existing dance skills in various styles of dance including jazz, ballet, modern and improvisational dance. Warm-up exercises continue to promote muscular strength, flexibility, agility and balance while placing greater emphasis on correct body alignment and dance technique. Students often work with guest artists in addition to creating and performing their own choreography. Students continue their study of health-related fitness concepts and basic nutrition principles as they relate to dance.
<b>Length: Semester</b>	
<b>Prerequisites: Dance, Intro.</b>	
<b>Repeatable for additional credits: Unlimited</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Demonstrate knowledge of Dance Terminology and Positions	Demonstrate a basic understanding of Musical Theater/Broadway concepts
Understand intermediate level dance technique	Understand basic Musical Theater performance techniques
Observe and understand various dance forms-Jazz and Ballet, including their history	Gain knowledge of Musical Theater Dance history
Demonstrate and incorporate an understanding of proper alignment	Demonstrate a basic understanding of Modern Dance concepts
Incorporate proper dance class etiquette	Gain knowledge of the history of Modern Dance
Demonstrate and incorporate an understanding of proper stretching techniques, especially the importance of relaxation	Continue to develop an understand of dance composition through Prop studies
Understand and utilize proper warm-ups. Understand the importance of warm-up to improve technique and avoid injury	Demonstrate a basic understanding of concepts of Hip Hop
Understand and incorporate dance composition elements of Actions: Gesture, Jump, Turn, Travel, Stillness	Understand basic Hip Hop steps
Master various steps and connect movement into lengthier combinations	Gain knowledge of the history of Hip Hop
Understand the concert of spotting and its importance in performing multiple turns	Critically analyze various dance forms (Modern Dance, Musical Theater and Hip Hop dance) through observation and writing
Demonstrate and incorporate the use of parallel and turned out positions in warm-up and across the floor combinations	Identify major muscle groups
Demonstrate an understanding of the importance of proper core work, to include more rigorous abdominal work	Understand injury prevention and proper nutrition
Critically analyze various dance forms (Jazz and Ballet) through observation, discussion and writing	Incorporate dance composition elements in a 2 minute study