

## ASD Academic Plan

### Physical Education: Dance, Introductory

<b>Grade Level: 9-12 grade</b>	<b>Course Description:</b> This course is designed as an introduction to movement, dance elements and the creative aspects of dance. Students explore various styles of dance through a unit approach and collaborate on a variety of student choreography projects. The development of muscular strength, flexibility, agility, balance, body alignment and an understanding of rhythm are approached through combined warm-up and dance technique segments. In addition, students study health-related fitness concepts and basic nutrition principles as they relate to dance.
<b>Length: Semester</b>	
<b>Prerequisites: None</b>	
<b>Repeatable for additional credits: Unlimited</b>	

### Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Demonstrate knowledge of Dance Terminology and Basic Positions	Demonstrate a basic understanding of Ballet concepts
Understand basic dance technique	Understand basic Ballet technique and the concept of turnout
Observe and understand various dance forms-jazz dance, including history	Gain knowledge of Ballet history
Demonstrate and incorporate an understanding of proper alignment	Demonstrate an understanding of proper Ballet technique
Incorporate proper dance class etiquette	Demonstrate a basic understanding of Salsa Dance concepts
Demonstrate and incorporate an understanding of proper stretching techniques	Understand basic Salsa steps
Understand and utilize proper warm-ups	Gain knowledge of the history of Salsa
Understand and incorporate dance composition basics in small group studies	Continue to develop an understand of basic dance composition
Master various steps and connect movement into short combinations	Demonstrate a basic understanding of Hip Hop Dance concepts
Demonstrate an understanding of the use of parallel and turned out positions	Understand basic Hip Hop steps
Demonstrate an understanding of the importance of proper core work	Gain knowledge of the history of Hip Hop
Critically analyze various dance forms (jazz dance) through observation and writing	Critically analyze various dance forms (Ballet, Salsa and Hip Hop dance) through observation and writing
	Identify major muscle groups
	Understand injury prevention and proper nutrition
	Incorporate dance composition basics in a 90 second study