



# Dance 10

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## 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 does dance 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 to be brought/worn to each class:**

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

**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
- Final project

**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**

- technique specific warm-ups
  - Lester Horton Technique
  - Luigi Technique
  - Martha Graham
  - Classic Ballet
  - Von Laban
  - Cunningham Technique
- dance improvisation
- routines/pieces
- axial and locomotor movements

**Elements of dance**

- kinesthetic awareness
- basic dance and ballet vocabulary
- movement skills
- space/time and movement qualities
- basic anatomy and physiology
- Oberlie and Von Laban

**Exploration of styles**

- modern
- jazz
- ballet
- street

**World Study**

- African Dance
- Traditional English (Abbots Bromley)

**Self expression/performance**

- choreography and choreographic principles
- performance skills
- dance improvisation
- communicative expression in relation to other performers and the audience

**Comparison/Analysis**

- investigation
- analysis of different dance styles/traditions both familiar and unfamiliar
- analysis of a piece of choreography
- choreographer study, i.e.
  - Ballanchine
  - Twyla Tharp
  - Matthew Bourne
  - Hofesh Schechter
  - Agnes De Mille

Sample Lessons

Learner profiles and dance

Dance and multiple intelligences

Abbots Bromley

African Dance

3 brief choreography/dance reviews in journal

on-going glossary in journal

2 cross cultural dance experiences outside of school

### Dance 9

This is an introductory course requiring no previous experience. In this one semester course, students will be exposed to basic dance terminology and practices. They will gain awareness and appreciation of a variety of dance styles from differing cultures and traditions as well as develop the creative aspect of choreographing original dances. As the course progresses, their performance skills will strengthen while they establish a deeper understanding of performance techniques. A direct result of the study of movement will increase the participants' body awareness, physical fitness and basic knowledge of anatomy and physiology. A culminating activity will include the creation of a performance prototype and the possibility of performing original choreography.

### Dance 10

This course is an extension of Dance 9 and recommended for students interested in IB Dance. The course includes studies in the composition, performance and analysis of dance, or "expressive movement," which is practiced amongst peoples of various backgrounds, and for a variety of purposes, throughout the planet. Students will create, participate in, and reflect upon dance forms and styles from a range of cultures and traditions, both familiar and unfamiliar. They will practice a variety of dance styles and forms as a function of technique, fitness and expression.