

CHINO VALLEY UNIFIED SCHOOL DISTRICT  
INSTRUCTIONAL GUIDE  
PHYSICAL EDUCATION – DANCE

Course Number	5610
Department	Physical Education
Length of course	Two (2) semesters/one (1) year
Grade	9-12
Prerequisite	Audition and/or teacher recommendation
Credit	5 units per semester/10 total credits – Physical Education
Repeatable	May be repeated for an additional 30 credits
UC/CSU	
Board Approved	November 21, 2002 / March 21, 2013

**Description of Course** – This course is designed to give students an intense technical, physical, and competitive experience in the field of dance. This course is for the advanced dance student with an emphasis on technical development, physical fitness, health awareness, injury prevention, and a competitive environment in which to implement advanced knowledge, athletic/dance skills, and strategies.

**Rationale for Course** – A highly trained dancer is both physically fit and technically sound. Dance exercises the whole being. Competitive dance develops inner discipline, sensitivity to others and a keen kinesthetic awareness of movement. The advanced competitive dancer has mastered the necessary skills to participate confidently in many different forms of physical activity and understand that physical fitness, health, and well-being are intimately related.

**Standard 1** – Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

1.1 Objective: Demonstrate advanced knowledge and skills in two or more dance activities, selecting one or more from each of the following categories:

<u>Category 1</u>	<u>Category 2</u>
Ballet	Modern
Folk	Social
Jazz	Square

1.1.1 Performance Indicator: Students will dance in each category by learning specific skills related to one or more dances in each group.

1.2 Objective: Identify the characteristics and critical elements of a highly skilled performance in dance activities and demonstrate them.

1.2.1 Performance Indicator: Students will demonstrate the characteristics of highly skilled performers by performing the critical elements of several such dance activities.

1.3 Objective: Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in dance activities.

1.3.1 Performance Indicator: Students will demonstrate previous learned movement concepts by developing a progression of movements and teaching those steps to a group of students.

1.4 Objective: Identify and apply the principles of biomechanics necessary for the safe and successful performance of dance activities.

1.4.1 Performance Indicator: Students will demonstrate the principles of safe and successful biomechanics by identifying and demonstrating such movements in dance activities.

1.5 Objective: List the safety equipment and facilities required for participation in dance activities; describe and demonstrate the use of such equipment and facilities.

1.5.1 Performance Indicator: Students will demonstrate the use of safety equipment and facilities by successfully completing a written test related to such equipment, facilities and their use.

1.6 Objective: Demonstrate independent learning of movement skills in dance activities.

1.6.1 Performance Indicator: Students will demonstrate the movement skills in dance activities by performing, independently, those skills.

**Standard 2** – Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

2.1 Objective: Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.

- 2.1.1 Performance Indicator: Students will demonstrate health-related fitness standards and the regimen necessary to develop those health-related factors such as cardiovascular, flexibility, muscular strength, endurance, and body composition by performing various dances and indicating how the specific movements within each type of dance affects cardiovascular health, flexibility, muscular strength, endurances, and body composition.
- 2.2 Objective: Participate in dance activities that improve or maintain personal levels of health-related physical fitness.
  - 2.2.1 Performance Indicator: Students will demonstrate how participation in dance activities creates an environment that helps maintain and improve health-related fitness levels.
- 2.3 Objective: Analyze the effects of dance activities on a personal physical fitness program and personal levels of health-related physical fitness.
  - 2.3.1 Performance Indicator: Students will fully explain how dance activities can fully enhance the flexibility, muscular strength and muscular endurance factors and how cardiovascular and body composition factors can be underplayed in the performance of dance activities.
- 2.4 Objective: Improve or maintain one's physical fitness by adjusting physical activity levels according to the principles of exercise.
  - 2.4.1 Performance Indicator: Students will maintain or improve their physical fitness by increasing their fitness target zone, and the F.I.T. (frequency, intensity and time) regimen.
- 2.5 Objective: Explain the relationship between participation in dance activities and health.
  - 2.5.1 Performance Indicator: Students will explain their understanding of how successful participation in advanced dance activities is dependent on developing and maintaining high levels of physical fitness and health.
- 2.6 Objective: Demonstrate the ability to develop criteria and analyze factors to consider in the purchase of products and programs related dancing activities.
  - 2.6.1 Performance Indicator: Students will develop criteria for purchasing essential dance related products and analyze the criteria necessary to determine its usefulness and necessity.

2.7 Objective: Develop and implement a month-long personal physical fitness plan that includes dance activities.

2.7.1 Performance Indicator: Students will develop and implement a month-long regimen of activity and personal habits that include nutritional, health-related fitness, and dance factors.

**Standard 3** – Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

*Self-Responsibility*

3.1 Objective: Compare the effective leadership skills used in dance activities and those used in other physical activities.

3.1.1 Performance Indicator: Students will demonstrate effective leadership skills by comparing rehearsal schedules for their dance production.

3.2 Objective: Develop personal goals to improve performance in dance activities.

3.2.1 Performance Indicator: Students will demonstrate personal goals necessary to improve dance performance activities by documenting their choreographic products in their dance journals and on video tape.

3.3 Objective: Identify and analyze dance activities that enhance personal enjoyment.

3.3.1 Performance Indicator: Students will demonstrate their personal enjoyment by reflecting on their growth, preferences in musical styles, dance genres, and challenges they found throughout their dance experience.

3.4 Objective: Evaluate the risks and safety factors that may affect participation in dance activities throughout a lifetime.

3.4.1 Performance Indicator: Students will demonstrate the risk and safety factors by making a chart that shows such risk factors and how the related safety factors compensate for the risks and present this chart in a class presentation format.

### *Social Interaction*

3.5 Objective: Explain how to select and modify dance activities to allow for participation by younger children, the elderly, and individuals with special needs.

3.5.1 Performance Indicator: Students will demonstrate how to select and modify dance activities by selecting a specific skill and developing a progression of movement skills for each of the identified special needs groups.

3.6 Objective: Analyze the role of social interaction in the successful participation in and enjoyment of dance activities.

3.6.1 Performance Indicator: Students will demonstrate the role of social interaction in dance activities by exploring the role of current social dance forms and relate them to current music trends, visual art forms and media art through discussion and written formats.

### *Group Dynamics*

3.7 Objective: Accept and perform planned and spontaneous leadership assignments and roles in dance activities.

3.7.1 Performance Indicator: Students will demonstrate leadership assignments and roles by conducting dance activity drills and procedures within daily routines.

3.8 Objective: Analyze the role that cooperation and leadership play in dance activities.

3.8.1 Performance Indicator: Students will demonstrate the rule that cooperation and leadership play in dance activities by being a contributing member of the dance program associated with their school.

3.9 Objective: Engage in dance activities both in school and outside school.

3.9.1 Performance Indicator: Students will demonstrate dance activities in school and outside school by inviting local studio owners to visit their class and share their thoughts and perceptions of the requirements of owning and running a successful dance studio and/or creating a college audition bulletin board with current auditions and entrance requirements for two and four year colleges and universities.