Dance Technique and Performance

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **180 days**
Status: **Published**

Summary

ELD standards:https://docs.google.com/document/d/1wdmsiGOdCHlrjU-WPvAtENnEgi0EStZXo0uiFYv1Nu4/edit

The unit is an indepth-look at various Western forms of contemporary dance, rooted in traditional modern dance, vernacular jazz dance and classical ballet. This will include technique, choreography and historical perspectives on each form.

July 2025

Essential Questions

EQ:

What are the roots of contemporary dance as we practice it today?

How can we trace our ‘technique lineage’ and honor those traditions while looking forward to new fusion forms?

How can we challenge ourselves as dance artists to embrace a full scope of technical forms and grow as future dance professionals?

What is the value of learning the root, context and technique of specifically Western modern dance, vernacular jazz and classical ballet?

What are contextual circumstances that have shaped the forms that we study - social, cultural, political and scientific?

How has technology changed the way that all dance forms are learned and shared?

Standards

9.4.12.CI.2	Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).
9.4.12.CI.3	Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).
1.1.12adv.Cr1a	Synthesize and experiment with content generated from stimulus material to invent movement vocabulary, discover personal voice and communicate artistic intent.
1.1.12adv.Cr1b	Expand personal movement preferences and strengths to discover unexpected solutions that communicate the artistic intent of an original dance. Analyze the unexpected solutions and explain why they were effective in expanding artistic intent.
9.4.12.CT.1	Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).
9.4.12.CT.2	Explain the potential benefits of collaborating to enhance critical thinking and problem solving (e.g., 1.3E.12profCR3.a).
1.1.12adv.Cr3a	Refine the artistic intent of a dance by manipulating choreographic devices, dance structure, and artistic criteria (e.g., production elements, music/sound, props, costumes). Evaluate self-reflection and feedback from others and apply when warranted. Document choices made in the revision process and justify how the refinements support artistic intent.
1.1.12adv.Cr3b	Create a portfolio of original dances using recognized systems of dance documentation (e.g., writing, a form of notation symbols, using media technologies), providing a complete picture of the creative process and product.
1.1.12adv.Pr4a	Modulate and use the broadest range of movement in space for artistic and expressive clarity. Use inward and outward focus to clarify movement and intent. Establish and break relationships with other dancers and audience as appropriate to the dance.
1.1.12adv.Pr4b	Modulate time factors for artistic interest and expressive acuity. Apply multiple and complex rhythms (e.g., contrapuntal, polyrhythmic). Work with and against the rhythm of accompaniment or sound environments.
1.1.12adv.Pr4c	Perform planned and improvised movement sequences and dance combinations while self-monitoring and adjusting dynamics and energy to the choreographic intent.
1.1.12adv.Pr5a	Develop and implement healthful strategies for nutrition, injury prevention and psychological wellness related to dance activities and everyday life.
1.1.12adv.Pr5b	Examine the muscular-skeletal system (e.g., attachments, origin, function) and manipulate kinesthetic principles to enhance technical execution of dance movements.
1.1.12adv.Pr5c	Adjust oppositional pulls/tensions of the body while moving through vertical, off-center, and non-vertical alignment. Maintain optimal alignment preceding and following floor and air patterns. Modulate the placement and shifting of energy in the body.
1.1.12adv.Pr5d	Analyze personal patterns of misalignment and develop prescribed conditioning practices and corrective exercises to enhance optimal alignment in performance.
1.1.12adv.Pr5e	Articulate clarity of codified movement and intention through the execution of prescribed vocabulary and techniques within styles/genres.
1.1.12adv.Pr6b	Initiate, plan and direct rehearsals with attention to technical details applying rehearsal strategies for individual and ensemble work that enhance artistry, incorporate self-analysis, and are solutions oriented to achieve performance excellence.
1.1.12adv.Pr6c	Refine performance skills using a broad repertoire of strategies for dynamic projection.

	Demonstrate and model leadership qualities, performance etiquette and performance practice during class, rehearsal and performance. Develop a professional portfolio (e.g., resume, head shot, social media platforms) that documents the rehearsal and performance process with fluency in professional dance and production terminology. Analyze and evaluate the success of a performance.
9.4.12.TL.3	Analyze the effectiveness of the process and quality of collaborative environments.
1.1.12adv.Re7a	Use genre-specific dance terminology to analyze dance works from a variety of dance genres, reflecting on recurring patterns of movement and their relationships in well-structured and meaningful choreography.
1.1.12adv.Re7b	Explain how dance communicates aesthetic and cultural values in a variety of genres, styles and/or cultural movement practices. Use genre-specific dance terminology.
1.1.12adv.Re8a	Analyze and interpret how the elements of dance, execution of dance movements and context contribute to artistic expression across different genres, styles or cultural movement practices. Use genre specific dance terminology.
1.1.12adv.Cn10a	Formulate personal choreography with respect to its content and context. Reflect and analyze the variables that contributed to the personal perspectives presented in the dance work, and examine how exposure to various cultures influences individual, emotional, intellectual, and kinesthetic responses to dance works.
1.1.12adv.Cn10b	Investigate and present ways in which dance can be used to communicate new perspectives and/or realizations about global issues, including global warming.
1.1.12adv.Cn11a	Analyze the role of dance in a global society. Examine various genres, styles, historical time periods, societal changes, and perspectives. Evaluate how dance movement, characteristics, techniques, and artist criteria relate to the ideas and perspectives of the people from whom the dances originate.

Essential Understandings

EU:

In-depth knowledge of contemporary dance forms and their roots is important to develop as a well-rounded dancer.

Taking a dance technique class has its own set of expectations and etiquette practices. It is crucial to understand the context and setting of the technique being studied and the most efficient and effective way to rehearse.

Understanding the various avenues one can take to being a well rounded dancer allows for a better perspective and appreciation of the art form.

Learning Plan

Students will discuss the essential questions and reflect on their prior knowledge of dance forms.

Students will take part in individual or group research to present an overview of a choreographer or dancer within a specific style of dance. The project will highlight the main contributions to the form such as any codified techniques, famous pieces of choreography, written work, etc as well as challenge the students to create choreography in the style researched.

Students will be instructed in various contemporary dance forms both technically and artistically, and be expected to rehearse and perform these techniques at a high level.

Students will take part in solo, partner and small group phrase work in contemporary dance forms, using self and peer analysis to modify, challenge and set goals for themselves.

Students will be skilled at

Students will be skilled at demonstrating a high level of western modern dance, vernacular jazz and classical ballet.

Students will be skilled at analyzing various dance techniques, comparing and contrasting them and discussing key elements and impact of each.

Students will know

Students will know how to execute advanced movement sequences.

Students will understand and appreciate the context and etiquette expected of a high level of dance technique class.

Evidence/Performance Tasks

Demonstrate the ability to execute dance phrases of intermediate to advanced level.

Demonstrate the ability to analyze the historical, social, cultural and political aspects of various dance

techniques.

Demonstrate the ability to create and modify phrase work in various dance techniques.

Execute a public performance featuring several techniques studied over the course of the year.

Materials

Internet for research

Music

Class set of dance publications

https://docs.google.com/document/d/1oy9t_EcIdEQB5Hpcjc2Iz7brpFvX2Gx66hWRi3kln0o/edit?usp=sharing

Google Classroom/Docs

iPad/Video Camera

Suggested Strategies for Modification

Represent information in multiple formats and media. Provide multiple pathways for students' actions and expressions. Provide multiple ways to engage students' interests and motivation.

Dance - QSAC Accommodations

Injured students will write or record in class observations; read and analyze material based on the lessons and present some type of individual project to the class in order to receive participation credit. If they are in a small group they will give direction to the rest of the group and aid in the presentation process. If a student's injury is isolated to one part of the body, the student is expected to participate in the movement portion of the assignment and not use that body part.

Long term injuries will be dealt with on a case by case basis.