3-5 Developing Dance Technique

Content Area: **Music**
Course(s):
Time Period: **Marking Period 1**
Length: **10 weeks**
Status: **Published**

Brief Summary of Unit

In this unit, students will be introduced to various dance techniques. They will explore key concepts of technique and develop understandings about the variety of techniques that exist.

Essential Questions

- What is alignment?
- How can dancers train using various technical elements from codified techniques?
- Where do certain dance genres fit on the codified technique spectrum?

Essential Understandings

- The body can be utilized in various ways to create movement
- It is essential for dancers to care for their bodies by practicing proper alignment and conditioning
- There are a variety of codified dance techniques that dancers work with for training and performance.

Students Will Know

- How to identify and demonstrate basic exercises of a specific technique
- How to use the elements of dance within established techniques
- Best practices for caring for the dancing body

Students Will be Skilled At

- Utilizing time, space and energy dynamics while demonstrating movement sequences

- Discussing the various forms of codified technique
- Comparing and contrasting at least two forms of codified technique
- Demonstrating an understanding of movement by executing basic movement phrases in Ballet, Modern Dance Techniques, African Diasporic Dance Forms (including Jazz and Hip Hop), Somatics, Latin Social Dance Forms, and Folk dances

Learning Plan

- Discuss essential questions
- Explore specific dance techniques, Ballet, Modern Dance Techniques, African Diasporic Dance Forms (including Jazz and Hip Hop), Somatics, Latin Social Dance Forms, Folk dances
- Demonstrate technique through movement phrases
- Pair and share to give feedback on execution of movement
- Strategize and troubleshoot to revise movement after feedback
- Highlight choreographers and dancers who have contributed to the development of techniques throughout history

Evidence/Performance Tasks

- Discuss essential questions
- Explore specific dance techniques Ballet, Modern Dance Techniques, African Diasporic Dance Forms (including Jazz and Hip Hop), Somatics, Latin Social Dance Forms, Folk dances.
- Demonstrate technique through movement phrases
- Pair and share to give feedback on execution of movement
- Strategize and troubleshoot to revise movement after feedback
- Highlight choreographic themes and those who have contributed to the development of techniques throughout history.

Suggested Modifications:

Performing Arts QSAC Accommodations

Materials

Materials:

- Notebook
- LOD Alphabet
- Skeleton/drawings
- Cranford Public Schools Dance K-8 Materials/Resources

Standards

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

1.1.5.Pr4a	Perform planned and improvised movement sequences with increasing complexity in the use of space. Establish relationships with other dancers, increasing spatial awareness and design (e.g., diverse pathways, levels, patterns, focus, near/far).
1.1.5.Pr4b	Perform planned and improvised movement sequences with increasing complexity in the use of time/rhythm by accurately transferring rhythmic patterns from the auditory to the kinesthetic and responding immediately to tempo changes.
1.1.5.Pr4c	Perform planned and improvised movement sequences and dance combinations applying a variety of dynamics and energy (e.g., fast/slow, sharp/smooth, strong/gentle, tight/loose).
9.4.5.GCA.1	Analyze how culture shapes individual and community perspectives and points of view (e.g., 1.1.5.C2a, RL.5.9, 6.1.5.HistoryCC.8).
1.1.5.Pr5a	Apply healthful strategies (e.g., nutrition, injury prevention, emotional health, overall functioning) essential for the dancer.
1.1.5.Pr5b	Recall joint actions, articulations and basic anatomical terms (e.g., muscles, bones, tendons, ligaments) as they relate to dance and apply basic kinesthetic principles (e.g., flexion/extension, inward/outward rotation). Track how basic body organs (e.g., lungs, heart, brain) respond to different intensities of dance movement.
1.1.5.Pr5c	Identify body organization. Demonstrate use of elongated spine and engage in release of tension from spine/shoulders.
1.1.5.Pr5d	Demonstrate increased flexibility, strength and endurance using a variety of bases of support (e.g., body shapes, levels, core).
1.1.5.Pr5e	Apply action vocabulary and execute specific codified movements from various styles/genres. Demonstrate, through focused practice and repetition, body part initiations and articulation of limbs and joints.

1.1.5.Pr6a	Apply visualization, motor imagery and breath to enhance body mechanics and the quality of a movement skill.
9.4.5.IML.7	Evaluate the degree to which information meets a need including social emotional learning, academic, and social (e.g., 2.2.5. PF.5).
1.1.5.Pr6b	Rehearse a dance to improve group awareness, unison movement, consistency, and attention to detail.
1.1.5.Pr6c	Dance for and with others in formal and informal settings. Identify and modify the main areas of a performance space and body movements using production terminology (e.g., stage left, stage right, center stage, upstage, downstage).
1.1.5.Pr6d	Manipulate a variety of technical elements (e.g., costumes, lighting, sound, performance cues) to support the artistic intent of the dances.
1.1.5.Re7b	Compare and contrast qualities and characteristics to another dance genre or culture. Use basic dance terminology and elements of dance to describe the qualities and characteristics.
1.1.5.Cn11a	Observe and describe how the movements of a dance in a specific genre or style communicate the ideas and perspectives of the culture, historical period, or community from which the genre or style originated.

Suggested Strategies for Modifications

This link includes content specific accommodations and modifications for all populations:

Performing Arts Accommodations & Modifications