6-8 Dance Techniques

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

Brief Summary of Unit

Students will explore various dance genres and techniques while drawing on previous knowledge to build somatic understanding of the body and its most efficient way of moving.

Essential Questions

- How do choreographers make dances?
- What are ways in which we can convey meaning through dance making?
- What are strategies for improvisation and creative processing that we can use to create dance?

Essential Understandings

- Technique provides a path to utilize body movement with efficiency.
- There are various codified techniques across multiple genres of dance; some techniques are more codified than others.
- Movement has a language that allows dancers to clearly communicate meaning through their bodies.
- There are many practices that allow dancers to maintain healthy relationships with their bodies.

Students Will know

- Key elements of several dance techniques; turnout vs parallel, flatbacks and laterals, fall and recovery, sequential movement
- How to execute basic movement sequences with efficiency
- How to draw comparisons between various forms of technique
- How to care for their instrument (the body)

Students Will be Skilled At

- Participating in a technique specific class, including but not limited to Ballet, Modern Dance Techniques, African Diasporic Dance Forms, Jazz, Hip Hop, Somatics, Latin Social Dance Forms, and Folk dances
- Identifying key elements of specific dance techniques
- Discussing basic anatomical alignment for proper movement
- Discussing pioneers of various dance techniques

Learning Plan

- Discuss essential questions
- Explore specific dance techniques: Ballet, Modern Dance Techniques, African Diasporic Dance Forms, Jazz, Hip-Hop, Somatics, Latin Social Dance Forms, and 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

- Discussion of essential questions
- Observation of understanding through discussions and journal prompts
- Discussion of dance techniques using genre specific terminology
- Research based project investigating the origins of a specific technique
- Pair and share
- Independence assessed by grade level

Materials

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

Standards

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

1.1.8.Pr4a	Perform planned and improvised movement sequences with increasing complexity in the use of floor and air pathways, including various spatial designs for movement interest and contrast to sculpt the body in space.
1.1.8.Pr4b	Perform planned and improvised movement sequences of varying lengths with increasing complexity in the use of metric, kinesthetic and breath phrasing.
1.1.8.Pr4c	Perform planned and improvised movement sequences and dance combinations applying dynamic phrasing, energy, emotional intent, and characterization.
9.4.8.GCA.1	Model how to navigate cultural differences with sensitivity and respect (e.g., 1.5.8.C1a).
9.4.8.GCA.2	Demonstrate openness to diverse ideas and perspectives through active discussions to achieve a group goal.
1.1.8.Pr5a	Examine how healthful strategies (e.g., nutrition, injury prevention, emotional health, overall functioning) and safe body-use practices are essential for the dancer.
1.1.8.Pr5b	Examine how kinesthetic principles and various body systems (e.g., cardiovascular, respiratory, musculoskeletal) relate to the dancing body.
1.1.8.Pr5c	Demonstrate use of elongated spine and engage in release of tension from spine/shoulders. Demonstrate the placement and shifting of energy in the body. Use vertical, off-center and nonvertical alignment. Maintain organization of the body while moving through space.
1.1.8.Pr5d	Explore movement that develops a wide range of motion, muscular flexibility, strength, and endurance. Explore different body conditioning techniques (e.g., yoga, weight training, aerobics, Pilates).
1.1.8.Pr5e	Transfer vocabulary and codified movements from various styles/genres with genre specific alignment. Demonstrate, through focused practice and repetition, breath control,

	body part initiation and body sequencing.
1.1.8.Pr6a	Investigate visualization, motor imagery and breath to apply and enhance the quality of body mechanics and the energy related to the movement skill.
9.4.8.IML.7	Use information from a variety of sources, contexts, disciplines, and cultures for a specific purpose (e.g., 1.2.8.C2a, 1.4.8.CR2a, 2.1.8.CHSS/IV.8.AI.1, W.5.8, 6.1.8.GeoSV.3.a, 6.1.8.CivicsDP.4.b, 7.1.NH. IPRET.8).
1.1.8.Pr6b	Apply specific feedback in rehearsal to refine performance accuracy, consistency and expressiveness. Clarify the execution of complex patterns, sequences and formations.
1.1.8.Pr6c	Apply feedback to make changes to and adapt movements to performance area. Use performance etiquette and performance practices during class, rehearsal and performance. Accept notes from the choreographer, apply corrections and document performance process using dance and production terminology. Analyze and evaluate the success of a performance.
1.1.8.Pr6d	Differentiate technical and production elements and terminology to communicate with performers and backstage personnel to enhance the artistic intent of the dances.
1.1.8.Re7b	Use genre-specific dance terminology. Explain how the elements of dance are used and how they differ in a variety of genres, styles, or cultural movement practices to communicate intent. Use genre-specific dance terminology.
1.1.8.Cn11a	Research and analyze how dances from a variety of cultures, societies, historical periods, or communities reveal the ideas and perspectives of the people from whom the dances originate.

Suggested Strategies for Modifications

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

Performing Arts Accommodations & Modifications