

# Dance Unit 1: Introduction to Technique

Content Area: **Fine & Performing Arts**  
Course(s):  
Time Period: **Semester 1**  
Length: **9 weeks**  
Status: **Published**

## Unit Introduction

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Technique is the continuous development of skills that strive toward a higher proficiency in performance and creativity.

## Standards

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VPA.1.1.12.A.1	Articulate understanding of choreographic structures or forms (e.g., palindrome, theme and variation, rondo, retrograde, inversion, narrative, and accumulation) in master works of dance.
VPA.1.1.12.A.4	Synthesize knowledge of anatomical principles related to body alignment, body patterning, balance, strength, and coordination in compositions and performances.
VPA.1.1.12.A.CS2	Acute kinesthetic awareness and mastery of composition are essential for creating and interpreting master works of art.
VPA.1.1.12.A.CS4	Artistry in dance performance is accomplished through complete integration of anatomical principles and clear direction of intent and purpose.

## Essential Questions

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How does the repetition of skills improve strength, flexibility and coordination?

What exercises and movement phases contribute to increased clarity of performance?

How does self discipline improve achievement?

## Content / Skills

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Students will develop technique which emphasizes proper alignment, efficiency of movement, voice and acting.

